

DIETBET CHALLENGE

DAY 1

BB = barbell
 DB = dumbbell
 MB = medicine ball

WARMUP Begin with 5min cardio	Fire Hydrants	1x25 each side			
	Knee to Shoulder	1x25 each side			
STRENGTH TRAINING	EXERCISE	week 1	week 2	week 3	week 4
	DB Lunge Step	3x10	3x12	3x15	4x15
	DB or BB Deadlift	3x10	3x12	3x15	4x15
	DB Single Leg Squat	3x8 ea	3x10 ea	3x12 ea	3x15 ea
	Leg Curl (machine) OR Leg Curl (swissball)	3x15	3x15	3x20	3x25
	DB Calf Raise	3x15	3x15	3x20	3x25
CORE	MB Russian Twist	2x30 total			
	Band Woodchopper	2x15 each side			
	Hip Rolls	2x10 each side			
	MB Single Leg Vsit	2x10 each side			
CARDIO	Any machine (bike, elliptical, row, etc) (Increase duration by 5min each week)	30 minutes			



DB Lunge Step



DB Deadlift



DB Single Leg Squat



Leg Curl (machine)



Leg Curl (swissball)



DB Calf Raise



MB Russian Twist



Band Woodchopper



Hip Rolls




MB Single Leg Vsit



DIETBET CHALLENGE

DAY 2

SB = swissball
 DB = dumbbell
 MB = medicine ball

WARMUP Begin with 5min cardio	Band Front Raise	1x15				
	Band Lateral Raise	1x15				
STRENGTH TRAINING	EXERCISE	week 1	week 2	week 3	week 4	
	Reverse Fly	3x10	3x12	3x15	4x15	
	DB Renegade Row	3x8 ea	3x8 ea	3x10 ea	4x10 ea	
	Inverted Pullup	3x6	3x8	3x10	4x10	
	Wide Lat Pulldown	3x10	3x12	3x15	4x15	
	SB Back Hyper	3x15	3x20	3x25	4x25	
	Band Bicep Curl	3x15	3x20	3x25	4x25	
CORE	Plank	2x1min				
	Side Plank	2x30 sec each side				
	Reverse Crunch	2x30				
	Scissors	2x30 total				
CARDIO	Jump Rope	50 touches				
	Mountain Climbers	40 total				
	Sprint	50 yd or meters				
		}		4x	Increase to 5x weeks 3/4	

Mountain Climbers



Reverse Fly



DB Renegade Row



Inverted PullUp



Wide Lat Pulldown



SB Back Hyper



Band Bicep Curl



Plank



Side Plank



Reverse Crunch



Scissors

