



## **28 Day Get Fit Challenge**

- **Build Strength**
- **Improve Body Composition**
- **Increase Stamina**
- **Feel Better**

**[www.everythingbutthegym.com](http://www.everythingbutthegym.com)**



## WELCOME TO THE EVERYTHING BUT THE GYM 28 DAY GET FIT CHALLENGE

Over the next 28 days I am going to be putting you through a powerful system that will deliver results time and time again for anyone who puts in the work and you are going to be no different. If you commit to my 28 day Get Fit Challenge you are going to start dropping body fat and getting stronger than you ever have before. You are going to have increased energy, improved recovery, a faster metabolism, more motivation and most importantly you are going to get results that you will be able to carry into the future for the rest of your life!

Each day you will be doing a tough workout on your own but, you will be able to check in with me as needed via email and together we will get you the best results you have ever seen in your entire life in only 28 days but I need you to give me your 100% commitment. If you are able to give this program your commitment, you are going to have amazing changes on a daily basis and you will be able to see yourself change right in front of your eyes!

If you have any questions please contact me via email at [jared@everythingbutthegym.com](mailto:jared@everythingbutthegym.com) if you have any questions throughout your 28 day Get Fit Challenge. I am here to help you and I want nothing more than for you to get insane results and make some massive improvements to your body over the coming 28 days! We are going to crush this!

Regards,

*Jared Evans*





**DAY 1**

Preparation

**DAY 2**

Push Day

**DAY 3**

Leg Day

**DAY 4**

Pull Day

**DAY 5**

Core Day

**DAY 6**

Push Day

**DAY 7**

Leg Day

**DAY 8**

Pull Day

**DAY 9**

Core Day

**DAY 10**

Push Day

**DAY 11**

Leg Day

**DAY 12**

Pull Day

**DAY 13**

Core Day

**DAY 14**

Push Day

**DAY 15**

Leg Day

**DAY 16**

Pull Day

**DAY 17**

Core Day

**DAY 18**

Push Day

**DAY 19**

Leg Day

**DAY 20**

Pull Day

**DAY 21**

Core Day

**DAY 22**

Push Day

**DAY 23**

Leg Day

**DAY 24**

Pull Day

**DAY 25**

Core Day

**DAY 26**

Push Day

**DAY 27**

Leg Day

**DAY 28**

Check in





## WHO IS THIS CHALLENGE MEANT FOR?

I just want to clarify before you get started, this program is intended for beginners who are relatively new to working out who have some experience in the gym. The movements I have chosen are relatively simple but there is also a fair number of different exercises. There are also more joint isolation movements than in some of my other programs for my personal training clients (things like biceps curls for example).

The reason for this is to help the new trainee to build better body awareness and a better mind muscle connection. When isolating muscles, it is easier to learn what the muscle feels like when it contracts vs when you use it with a bunch of other muscles as in compound movements like squats, bench press, pullups, etc.

For example, if you are not used to working out and you are doing a pushup or bench press, you are working a lot of different muscles such as your chest, arms (triceps) shoulders and to some extent your back to help stabilize. But maybe you don't feel your triceps at all because you don't know what that feels like to have them working. Doing a tricep extension exercise like the one we have in this program, can teach you how to engage that muscle. Also with more variety of movements we can ensure we are reaching all parts of the body and not leaving anything behind. This will give beginners a good foundation to build on after finishing this program.

To do this program you will need access to a fair amount of equipment, so you will need a well-equipped home gym or gym membership. You will need access to dumbbells, a TRX, weight machines, Kettlebells, and a treadmill. Familiarize yourself with all of the movements with the exercise library at the end of the PDF which has video links for each movement.

Best of luck, and remember, email me at [jared@everythingbutthegym.com](mailto:jared@everythingbutthegym.com) if you have questions.



**IMPORTANT NOTE FOR WORKOUTS\* You will workout every day on this program! Once you start, every day after day 1 is a training day.**

Sets and reps are given for each exercise but these are considered “working sets” which are the hard, result producing sets in your workouts. By the end of these sets, so on your last rep of 10 in your squat, you should be challenged, but not reaching muscle failure or having your form fall apart. Before this you should always do 2-3 warmup sets on each exercise to build up to your working sets.

For example on your goblet squat for leg day you may do 3 sets of 10 reps. But you should do at least 2 lighter sets first, maybe starting with a set of 10 reps with a 10 pound weight first, then moving to a set of 10 reps with a 20 pound weight then using a 30 pound weight for your 3 sets of 10 working sets. The weights you use always depend on your strength and will be covered in the assessment.

## DAY 1

Familiarize yourself with all of the exercises and plan out your week so you know exactly when on each day you will be working out. Make it a priority. I also recommend taking measurements using a body tape measure for upper arms, thighs, waist, etc. Also before pictures and bodyweight and fat percentage are very useful for recording progress!

## DAY 2

### AM: PUSH WORKOUT

- TRX pushups: 2 sets of 10 reps
- Machine chest press: 2 sets of 10 reps
- Dumbbell shoulder press: 2 sets of 12 reps
- Cable tricep overhead extension: 2 sets of 12 reps
- Cable facepull: 2 sets of 15 reps

PM: CARDIO- 10 minute walk





## DAY 3

### AM: LEG WORKOUT

- TRX squat 2 sets of 10 reps
- Goblet squat 2 sets of 10 reps
- Kettlebell deadlift 2 sets of 10 reps
- Dumbbell step back lunge 2 sets of 8 each leg

PM: CARDIO- 10 minute walk

## DAY 4

### AM: PULL WORKOUT

- TRX row 2 sets of 10 reps
- Row machine 2 sets of 8 reps
- Rear delt fly machine 2 sets of 12 reps
- Lat pulldowns 2 sets of 10 reps
- Cable bicep curl 2 sets of 10 reps

PM: CARDIO- 12 minute walk

## DAY 5

### AM: CORE WORKOUT

- Band paloff press 2 sets of 10 reps each side
- Farmer carry 2 sets of 30 seconds
- Floor plank 2 sets of 20 seconds
- One arm overhead carry 2 sets of 30 seconds
- Goblet carry 2 sets of 30 seconds

PM: CARDIO- 15 minute walk



## DAY 6

### AM: PUSH WORKOUT

- TRX pushups: 3 sets of 10 reps
- Machine chest press: 3 sets of 10 reps
- Dumbbell shoulder press: 3 sets of 12 reps
- Cable tricep overhead extension: 3 sets of 12 reps
- Cable facepull: 3 sets of 15 reps

PM: CARDIO- 15 minute powerwalk\* (walk like you are trying to get somewhere!)

## DAY 7

### AM: LEG WORKOUT

- TRX squat 3 sets of 10 reps
- Goblet squat 3 sets of 10 reps
- Kettlebell deadlift 3 sets of 10 reps
- Dumbbell step back lunge 3 sets of 8 each leg

PM: CARDIO- 15 minute powerwalk

## DAY 8

### AM: PULL WORKOUT

- TRX row 3 sets of 10 reps
- Row machine 3 sets of 8 reps
- Rear delt fly machine 3 sets of 12 reps
- Lat pulldowns 3 sets of 10 reps
- Cable bicep curl 3 sets of 10 reps

PM: CARDIO- 18 minute powerwalk





## DAY 9

### AM: CORE WORKOUT

- Band paloff press 3 sets of 10 reps each side
- Farmer carry 3 sets of 30 seconds
- Floor plank 3 sets of 20 seconds
- One arm overhead carry 3 sets of 30 seconds
- Goblet carry 3 sets of 30 seconds

PM: CARDIO- 20 minute powerwalk

## DAY 10

### AM: PUSH WORKOUT

- TRX pushups: 3 sets of 12 reps
- Machine chest press: 3 sets of 12 reps
- Dumbbell shoulder press: 3 sets of 14 reps
- Cable tricep overhead extension: 3 sets of 14 reps
- Cable facepull: 3 sets of 18 reps

PM: CARDIO- 22 minute powerwalk

## DAY 11

### AM: LEG WORKOUT

- TRX squat 3 sets of 12 reps
- Goblet squat 3 sets of 12 reps
- Kettlebell deadlift 3 sets of 10 reps
- Dumbbell step back lunge 3 sets of 8 each leg

PM: CARDIO- 25 minute powerwalk





## DAY 12

### AM: PULL WORKOUT

- TRX row 3 sets of 12 reps
- Row machine 3 sets of 10 reps
- Rear delt fly machine 3 sets of 14 reps
- Lat pulldowns 3 sets of 12 reps
- Cable bicep curl 3 sets of 10 reps

PM: CARDIO- 30 minute powerwalk

## DAY 13

- AM: Band palloff press 3 sets of 10 reps each side
- Farmer carry 3 sets of 45 seconds
- Floor plank 3 sets of 30 seconds
- One arm overhead carry 3 sets of 45 seconds
- Goblet carry 3 sets of 45 seconds

PM: CARDIO- 30 minute powerwalk

## DAY 14

AM: PUSH WORKOUT **\*For the next 4 days, work to slightly increase your weights for your working sets. Challenge yourself but don't overdo it.**

- TRX pushups: 3 sets of 10 reps
- Machine chest press: 3 sets of 10 reps
- Dumbbell shoulder press: 3 sets of 12 reps
- Cable tricep overhead extension: 3 sets of 12 reps
- Cable facepull: 3 sets of 15 reps

PM: CARDIO- 30 minute powerwalk on the treadmill with a slight incline



## DAY 15

### AM: LEG WORKOUT

- TRX squat 3 sets of 10 reps
- Goblet squat 3 sets of 10 reps
- Kettlebell deadlift 3 sets of 10 reps
- Dumbbell step back lunge 3 sets of 8 each leg

PM: CARDIO- 30 minute powerwalk on the treadmill with a slight incline

## DAY 16

### AM: PULL WORKOUT

- TRX row 3 sets of 10 reps
- Row machine 3 sets of 8 reps
- Rear delt fly machine 3 sets of 12 reps
- Lat pulldowns 3 sets of 10 reps
- Cable bicep curl 3 sets of 10 reps

PM: CARDIO- 30 minute powerwalk on the treadmill with a slight incline

## DAY 17

### AM: CORE WORKOUT

- Band paloff press 3 sets of 10 reps each side
- Farmer carry 3 sets of 30 seconds
- Floor plank 3 sets of 20 seconds
- One arm overhead carry 3 sets of 30 seconds
- Goblet carry 3 sets of 30 seconds

PM: CARDIO- 30 minute powerwalk on the treadmill with a slight incline





## DAY 18

### AM: PUSH WORKOUT

- TRX pushups: 4 sets of 10 reps
- Machine chest press: 4 sets of 10 reps
- Dumbbell shoulder press: 4 sets of 12 reps
- Cable tricep overhead extension: 4 sets of 12 reps
- Cable facepull: 4 sets of 15 reps

PM: CARDIO- 30 minute powerwalk on the treadmill with a slight incline

## DAY 19

### AM: LEG WORKOUT

- TRX squat 2 sets of 10 reps
- Goblet squat 4 sets of 10 reps
- Kettlebell deadlift 4 sets of 10 reps
- Dumbbell step back lunge 4 sets of 8 each leg

PM: CARDIO- 30 minute powerwalk on the treadmill with a slight incline

## DAY 20

### AM: PULL WORKOUT

- TRX row 4 sets of 10 reps
- Row machine 4 sets of 8 reps
- Rear delt fly machine 4 sets of 12 reps
- Lat pulldowns 4 sets of 10 reps
- Cable bicep curl 4 sets of 10 reps

PM: CARDIO- 30 minute powerwalk on the treadmill with a slight incline



## DAY 21

- AM: Band paloff press 3 sets of 10 reps each side
- Farmer carry 4 sets of 30 seconds
- Floor plank 4 sets of 20 seconds
- One arm overhead carry 4 sets of 30 seconds
- Goblet carry 4 sets of 30 seconds

PM: CARDIO- 30 minute powerwalk on the treadmill with a slight incline

## DAY 22

AM: PUSH WORKOUT

- TRX pushups: 4 sets of 12 reps
- Machine chest press: 4 sets of 12 reps
- Dumbbell shoulder press: 4 sets of 15 reps
- Cable tricep overhead extension: 4 sets of 15 reps
- Cable facepull: 4 sets of 20 reps

PM: CARDIO- 30 minute powerwalk on the treadmill with a slight incline

## DAY 23

AM: LEG WORKOUT

- TRX squat 1 sets of 10 reps
- Goblet squat 4 sets of 15 reps
- Kettlebell deadlift 4 sets of 10 reps
- Dumbbell step back lunge 4 sets of 10 each leg

PM: CARDIO- 30 minute powerwalk on the treadmill with a slight incline





## DAY 24

### AM: PULL WORKOUT

- TRX row 4 sets of 12 reps
- Row machine 4 sets of 12 reps
- Rear delt fly machine 4 sets of 15 reps
- Lat pulldowns 4 sets of 12 reps
- Cable bicep curl 4 sets of 12 reps

PM: CARDIO- 30 minute powerwalk on the treadmill with a slight incline

## DAY 25

### AM: CORE WORKOUT

- Band palloff press 4 sets of 12 reps each side
- Farmer carry 4 sets of 45 seconds
- Floor plank 4 sets of 30 seconds
- One arm overhead carry 4 sets of 45 seconds
- Goblet carry 4 sets of 45 seconds

PM: CARDIO- 30 minute powerwalk on the treadmill with a slight incline

## DAY 26

AM: PUSH WORKOUT **\*For the next 2 days, work to slightly increase your weights for your working sets. Challenge yourself but don't overdo it.**

- TRX pushups: 3 sets of 10 reps
- Machine chest press: 3 sets of 10 reps
- Dumbbell shoulder press: 3 sets of 12 reps
- Cable tricep overhead extension: 3 sets of 12 reps
- Cable facepull: 3 sets of 15 reps

PM: CARDIO- 30 minute powerwalk on the treadmill with a slight incline



## DAY 27

### AM: LEG WORKOUT

- TRX squat 1 sets of 10 reps
- Goblet squat 3 sets of 10 reps
- Kettlebell deadlift 3 sets of 10 reps
- Dumbbell step back lunge 3 sets of 8 each leg

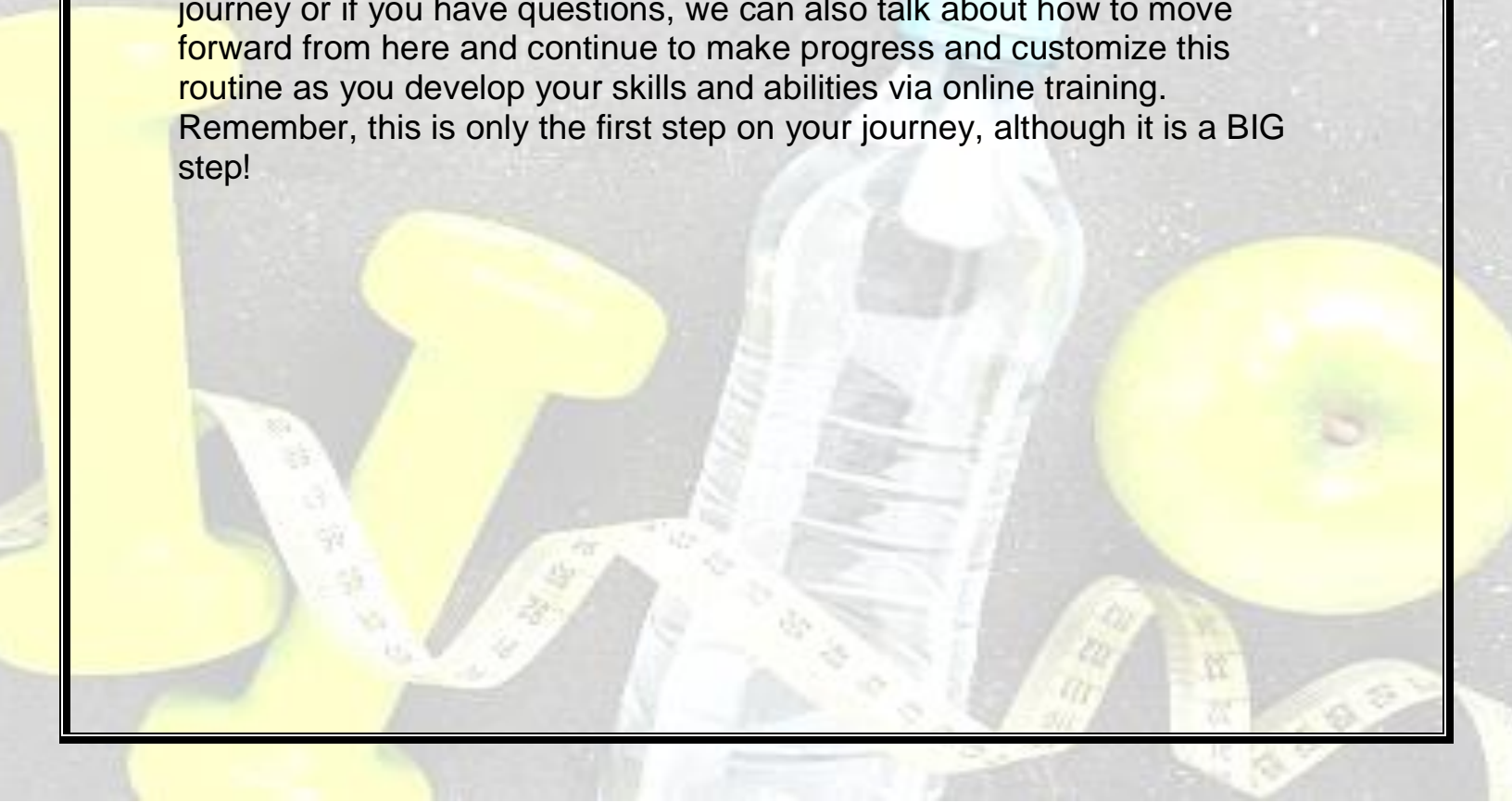
PM: CARDIO- 30 minute powerwalk on the treadmill with a slight incline

## DAY 28

### CHECK IN:

Great Job for making it this far! Today you will want to check in and assess your progress. You should take new pictures and measurements as well as reflect on how your challenge went. If you would like to talk about your journey or if you have questions, we can also talk about how to move forward from here and continue to make progress and customize this routine as you develop your skills and abilities via online training.

Remember, this is only the first step on your journey, although it is a BIG step!







## Exercise Library

Below is a list of every exercise used in this program. If you click on the exercise, it will take you to a Youtube video I have created to give you quick pointers and a recap of how to perform the exercise. There are a lot of exercises in this program, and most may be unfamiliar. And of course, you can also send me your questions via email at [jared@everythingbutthegym.com](mailto:jared@everythingbutthegym.com)

### LEG WORKOUT

- [TRX squat](#)
- [Goblet squat](#)
- [Kettlebell deadlift](#)
- [Dumbbell step back lunge](#)

### CORE WORKOUT

- [Band paloff press](#)
- [Farmer carry](#)
- [Floor plank](#)
- [One arm overhead carry](#)
- [Goblet carry](#)

### PUSH WORKOUT

- [TRX pushups](#)
- [Machine chest press](#)
- [Dumbbell shoulder press](#)
- [Cable tricep overhead extension](#)
- [Cable facepull](#)

### PULL WORKOUT

- [TRX row](#)
- [Row machine](#)
- [Rear delt fly machine](#)
- [Lat pulldowns](#)
- [Cable bicep curl](#)



## YOU CAN DO THIS!

You are going to get amazing results over the next 28 days if you follow the “Get Fit” Challenge and complete it to the best of your ability! Just a few things I want to cover with you and the first is that communication is going to be your responsibility, please contact me if you have questions! I will always reply to your emails within 24 hours and will never neglect you as a client.

You have me at your disposal so there is no excuse not to achieve incredible results over the next 28 days! Your results are my number one priority but I also need you to be accountable for yourself. Every week if you have questions, I need you to send me an email in regards to how you are doing with your program and to let me know if there is anything I can do to help.

I need to know if you have missed any training sessions, I need to know if you have followed your diet according to the plan, and I need to know what progress you have seen with your body. Based on the description of your progress I will decide whether or not it's necessary to make any changes to your diet or training program over the course of the challenge. I am 100% confident you are going to be amazing at this, I genuinely look forward to hearing about your progress over the next 28 days and seeing how fit we can get you in such a short period of time!

Let's make this happen!

*Jared Evans*