



With Elaina

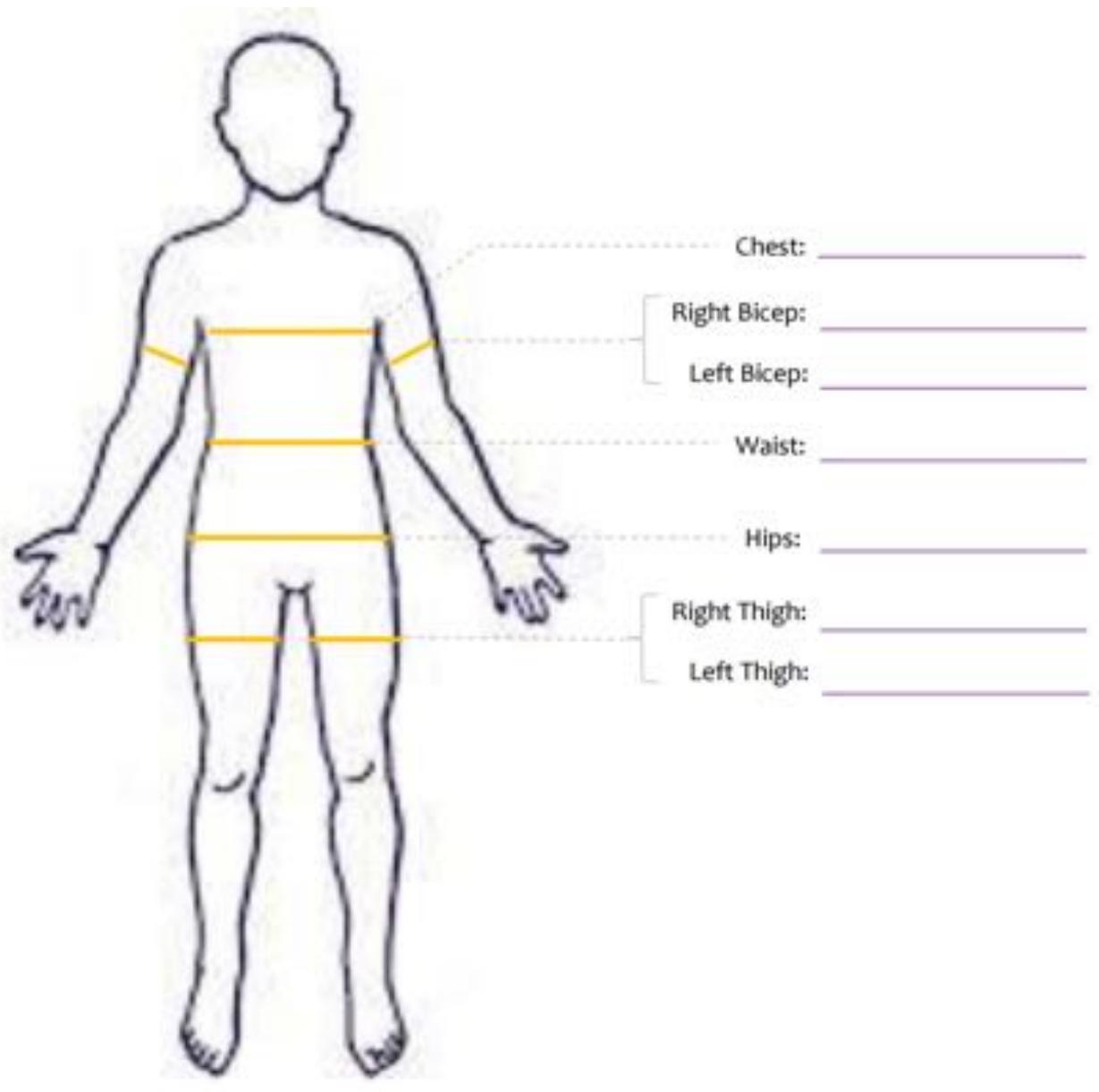
24 DAY CHALLENGE

START DATE: _____

NAME: _____

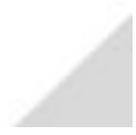
HEIGHT: _____

WEIGHT: _____



NOTES:

- Chest is measured directly in line with breasts/pectorals*
- Waist is measured at smallest circumference of abdomen*
- Hips are measured at largest circumference around buttocks*
- Thighs are measured at end of finger tips when arms are relaxed alongside the body*





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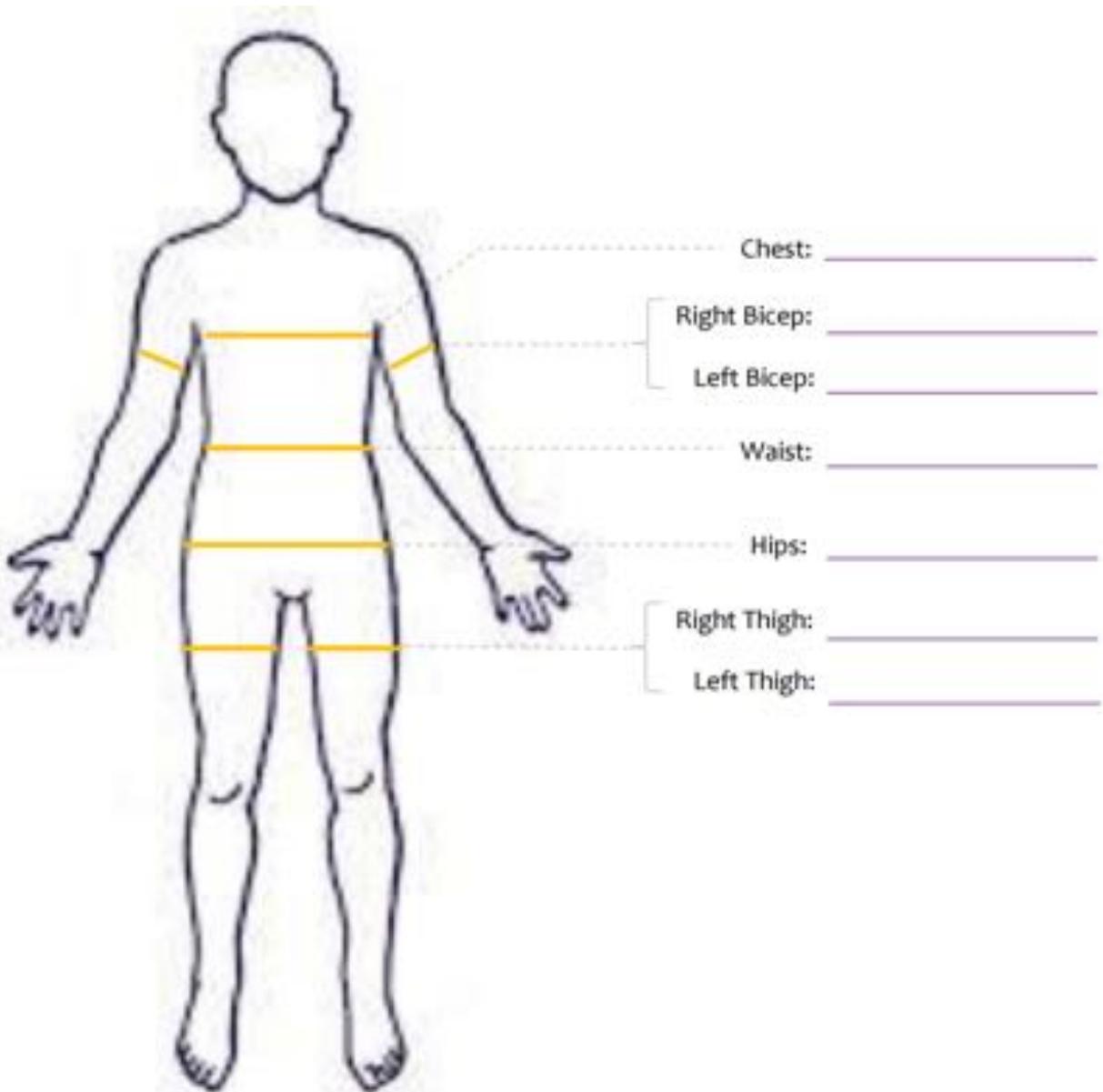
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Welcome to the first day of your new fun, fit lifestyle, the first step toward your new body, and our first workout together. I hope you're excited, committed and ready to have some fun to transform your body.

Day 1 – Full Body Workout

- ❖ Warm up with a 5 minute of light cardio – Cardio of your choice (walk, run, bike, row, elliptical, skipping rope, etc...)
- ❖ Perform each exercise for 50 seconds, taking 20 seconds' break after to catch your breath and get into position for your next movement.
- ❖ Do the full cycle of all exercises. That's one round. Take a one to two-minute break after completing the full cycle to drink some water.
- ❖ Do a total of 2 – 3 rounds – depending on your fitness level.

The workout

1. Standing Lunges alternating sides



2. Standing overhead should press (with dumbbells light weight)



3. Alternating bicep curl (light Dumbbells)



4. Squats with own body weight (or with dumbbells)



5. Chair triceps dip (can use steps, bench or the floor)



6. Superman (hold for 5 seconds, release and repeat).



7. Two arm bent over back row with dumbbells



8. Flat Chest dumbbell press on stability ball or flat bench.



TAKE A 1 TO 2 MINUTE WATER BREAK AND REPEAT.

Be sure to take time to stretch at the end!

I suggest you do your abs before your steady cardio. But it's totally your choice, as long as they both get done!

Day 2 – Steady State Cardio & Abs

For your steady state cardio pick a cardio equipment of your choice. It can be done outdoors as well. Go at a steady pace for a minimum of 30 minutes and a maximum of 60 minutes.

Abs

Do all 3 ab exercises back to back. Take 1 minute break and repeat 2 more times. For a total of 3 rounds.

1. Stability Ball Crunch or regular crunch on the floor – 20 reps.



2. Side Bridge (30 seconds each side) (45 second intermediate) (60 seconds advanced)



3. Legs straight up, butt lift of the ground. (reverse crunch) - 8 to 15 reps



Day 4 – HIIT Cardio (High-Intensity Interval Training)

- ❖ Hiit involves alternating between very intense bouts of exercise and low intensity exercise.

Total of 20 minutes. (For more advanced you can do 25-30 minutes and change the 30 seconds sprint to 45 seconds to 60 seconds)

On your treadmill:

First do a 3-minute warm up at a steady state.

1. Do 30 seconds sprint – as hard as you can go! (Either really fast walk or run)
2. Then 1 minutes and 30 seconds at a very slow pace (recovery.) You can modify the recovery period to 2 minutes if you feel 1 minute and 30 seconds is not enough.
3. Repeat for a total of 14 minutes of HIIT.

Finish with a 3 minutes cool down at a steady state.

What is really important is to bring your heart rate super high for the 30 seconds and then bring it right down. Repeat.

This will burn fat and calories throughout the day even when you are done exercising!!

- ❖ Do not forget to do some stretching as well and drink a lot of water.

Day 5 – Full Body & Abs Workout

- ❖ Warm up with a 5 minutes of light cardio of your choice.
- ❖ Perform each exercise back to back taking very little rest in between exercises.
- ❖ Do the full cycle of all exercises. That's one round. Take a one to two minute break after completing the full cycle to drink some water.
- ❖ Do a total of 2 rounds (if you feel you can keep going, do another round)

The workout

1. Sumo squats – 15 reps (you do not need to use weights)



2. Dumbbell lateral raises (with dumbbells) 15 reps.



3. Oblique twist (Abs) (with weight optional) You can put your feet on the floor as well.

20 reps



4. Hammer bicep curl (with dumbbells)



5. Un-even push-ups (on your knees) – as many as possible on each sides.



6. Bent over back rows (with dumbbells) 15 rep



7. Triceps kickbacks (with dumbbells) 15 reps



8. Scissors (abs) 20 reps



TAKE A 1 TO 2 MINUTE WATER BREAK AND REPEAT.

❖ Be sure to take time to stretch at the end!

Day 8 – Tabata – Chest/Triceps

❖ I suggest downloading the TABATA WORKOUT TIMER APP on your phone.

Tabata (total 4 minutes)

1. **20 Seconds High knee jump (modified - no jump/knee touch)**



2. **10 seconds rest**

3. **20 Seconds Jumping jacks**



4. **10 Seconds rest**

5. **Butt kicks (modified – slower kicks)**



6. 10 Seconds rest

7. Squat jump (modified – no jump)



8. 10 seconds rest

REPEAT ALL ONE MORE TIME For a total of 4 minutes!

❖ REST 2 MINUTES

❖ You will do supersets with all the following exercises. A superset is when two exercises are performed in a row without stopping. Do 2 -3 sets of each superset before moving to the next one.

CHEST/TRICEPS

1. Wide push ups (on knees if needed) – 10 to 15 reps



SUPERSET WITH

2. Seated triceps dips – 10-15



Take 45 seconds break and repeat one more time.

3. Stability ball or incline bench chest dumbbell flys – 12 to 15 reps



SUPERSET WITH

4. Close grip push-ups (modified on knees) – 5 to 15 reps



Take 45 seconds break and repeat one more time.

5. Flat stability ball or bench dumbbell (bands) chest press – 12 to 15 reps



SUPERSET WITH

6. Overhead triceps extension – 12 to 15 reps



Take 45 seconds break and repeat one more time.

- ❖ Be sure to take time to stretch at the end!
- ❖ DRINK WATER

DAY 9 – Steady State Cardio & Abs

Pick a cardio exercise of your choice – elliptical, bike, skipping rope, treadmill, walk and or jog (indoor or outdoor) etc... Go at a steady pace for 30 - 45 minutes. Try to add a few minutes to the last one.

Abs

Do all 3 ab exercises back to back. Take 1 minute break in between and repeat 2 more times. For a total of 3 rounds.

1. **V-up** – (Beginners modified version is to keep your legs straight in the air, bring your hands and touch your feet) If you can - do a Full body V-up – 15 reps



2. **Bicycle crunch** (modified, use just your legs) – 20 - 30 reps.



3. **Laying leg raises one at a time**- 20 reps



Day 11 – Biceps/Back/HIIT

- ❖ Warm up with a 3-5 minutes of light cardio of your choice
- ❖ Do 2 or 3 rounds each set of exercises.

1. Bicep curl with dumbbell or bands – 12 to 15 reps



SUPERSET WITH

2. Seated bent over dumbbell flys – 12 to 15 reps



SUPERSET WITH

3. Do 25 jumping jacks



Take a 45 seconds rest – Repeat one to two more times.

4. Hammer curl with dumbbells or bands – 12 to 15 reps



SUPERSET WITH

5. Superman one leg and opposite arm, alternating sides – hold for 5 seconds and switch for a total of 8 times (4 each sides)



SUPERSET WITH

6. Do 20 high knee jumps.



Take a 45 seconds rest – Repeat one to two more times.

7. Seated concentrated curl - 12 to 15 reps



SUPERSET WITH

8. Bent over dumbbell back Row – 12 to 15 reps



SUPERSET WITH

9. Do 10 jump lunges.



Take a 45 seconds rest – Repeat one to two more times.

DAY 12 - LEGS

- ❖ Warm up with a 5 minute of light cardio of your choice (fast walk, light jog, bike, skipping rope, etc.)

The workout

Do all exercises two or three times each (Depending on your fitness level).

Do the following 3 exercises without taking a break – doing 12 to 15 reps each.

1. Sumo wide squat (weights optional)



2. Regular squat (weights optional)



3. Narrow, feet together squat



Take a 1 minute break and repeat one to two more times.

1. Donkey kicks (ankle weights optional) – 15 each leg



Take a 1 minute break and repeat one to two more times.

2. Lunges – 15 reps each side (Weights in each hands optional)



Take a 1 minute break and repeat one more time.

3. Standing calf raises (can be done on the stairs one leg at a time or on the ground)
Weights are optional. – 20 reps



Take a 1 minute break and repeat one to two more times.

- ❖ Be sure to take time to stretch at the end!
- ❖ DRINK WATER

[DAY 15 – Tabata Cardio/Shoulders/Tabata Abs](#)

❖ I suggest downloading the TABATA WORKOUT TIMER APP if you have not done so.

Tabata (total 4 minutes)

1. 20 Seconds speed skater



2. 10 seconds rest

3. 20 Seconds lateral ski jump (modify to squat hold if needed)



4. 10 Seconds rest

5. Push-ups (on knees for modified version)



6. 10 Second rest

7. Sprinting on the spot (jog in place)



8. 10 seconds rest

REPEAT ALL ONE MORE TIME FOR A TOTAL OF 4 MINUTES!

❖ REST 2 MINUTES

Do 12 – 15 reps of each exercises x 2 sets for beginners or x 3 to 4 for intermediate to advanced. Complete all sets of one exercise before moving to the next one.

Shoulders – (Take 30 seconds break in between sets.)

1. Standing dumbbells or bands shoulder press



2. Lateral (side) dumbbells or bands shoulder raises



3. Front dumbbells or bands shoulder raises



Tabata Abs (total 4 minutes)

1. 20 Seconds - stability ball crunch
2. 10 Seconds rest



3. 20 Seconds - punch side to side at a 45 degree angle.



4. 10 Seconds rest
5. 20 Seconds - Laying leg raises one at a time



6. 10 Seconds rest

7. 20 Seconds (more advanced- raise a leg) - Plank



8. 10 Seconds rest

REPEAT ALL ONE MORE TIME FOR A TOTAL OF 4 MINUTES!

Day 16 – Steady State Cardio

Pick a cardio exercise of your choice – treadmill, walk, jog (indoor or outdoor), elliptical, bike, etc... Go at a steady pace for 30 to 45 Minutes. Try to add a few minutes to last week's steady state cardio.

DAY 18 – HIIT

- ❖ Use the treadmill, elliptical, rowing machine or bike for this HIIT cardio!
- ❖ Remember to always go at your own speed and at your own pace.

1. Warm up with a 5 minutes of light cardio
2. 20 seconds sprint (as fast as YOU can go) (more advanced, 30 to 60 seconds)
3. 1 minute and 40 seconds recovery speed (rest if you need to)
4. 35 seconds sprint (more advanced 45-60 seconds)
5. 1 minutes and 25 seconds recovery speed
6. Repeat steps 2 to 5, two more times.
7. Cool down with a 5 minutes light cardio

Remember to always stretch after every workouts and drink plenty of water.

DAY 19 - Full Body

- ❖ Warm up with a 5 minutes of light cardio of your choice (fast walk, light jog, bike, skipping rope, etc.)
- ❖ Once you're warmed up, do the exercises in the order shown below and do each move for 30 seconds for beginner, 45 seconds for intermediate and 60 seconds for more advanced. **Try to go from one exercise to another without taking a break.**
- ❖ At the end of each complete circuit, take a 1 to 2 minutes water break. And then REPEAT entire circuit!
- ❖ Do the circuit 2 – 3 times.

1. Squat jump (modified- wall stability ball squat and hold the whole time)



2. Skipping rope (if no space, do the action of skipping rope, be sure to use arms)

3. High knees jump (modified – one knee at a time without jumping)



4. Push-ups (modified – on your knees)



5. Butt kicks fast (modified – slow)



6. Mountain climber with Twist to opposite elbow or modified-regular mountain climber.



7. Burpees (modified – one leg down at a time (modified burpees) or use a chair.



8. Plank



9. Skipping rope (if no space, do the action of skipping rope, be sure to use arms)

- ❖ When you are done the full circuit 2 – 3 times, make sure to drink water and include some stretches.

DAY 22– Tabata and Tabata Abs

Tabata (total 4 minutes)

1. 20 Seconds jumping jacks



2. 10 seconds rest

3. 20 Seconds sumo squat jump.



4. 10 Seconds rest

5. Front fast boxing punches in a sumo squat



6. 10 Second rest

7. Sprinting on the spot



8. 10 seconds rest

REPEAT ALL ONE MORE TIME!

❖ REST 2 MINUTES

Tabata Abs

1. 20 Seconds standing knee crunch lift to the opposite elbow



2. 10 Seconds rest

3. 20 Seconds lay on your back heel touch side to side



4. 10 Second rest

5. Lay down scissor kick



6. **10 Seconds rest**

7. **20 Seconds Star plank hold (form a star with your body – wider legs and wider arms).**



8. **10 Seconds rest**

❖ REPEAT ONE MORE TIME!

DAY 23– Steady State Cardio

Pick a cardio exercise of your choice – treadmill, walk, jog (indoor or outdoor), bike, elliptical, stair climber, etc. Go at a steady pace for 30 to 45 Minutes. Try to add 3 minutes to last week’s steady state cardio.

DAY 24 – HIIT FULL BODY

Do the full routine without stopping. Take a two-minute water break and repeat for a total of two rounds for beginner and 3 for more advanced. This is done as a pyramid style. First round has more reps, second round a little less, and so on.

1. Jumping jacks (Set 1, 60) (Set 2, 50 reps) (Set 3, 40 reps)



2. Walk over push-ups (Set 1, 15 reps) (Set 2, 10 reps) (Set 3, 5 reps)



3. Front kicks (Set 1, 20 reps each leg) (Set 2, 15 reps each leg) (Set 3, 10 reps each leg)



4. Squat plus calf raises (Set 1, 25 reps) (Set 2, 20 reps) (Set 3, 15 reps)



5. Mountain climbers (Set 1, 50 reps) (Set 2, 40 reps) (Set 3, 30 reps)



6. Superman (Set 1, 30 seconds) (Set 2, 25seconds) (Set 3, 20 seconds)



7. Crunch side to side (Set 1, 30 reps) (Set 2, 20 reps) (Set 3, 10 reps)



8. Rope climbing with knees up (Set 1, 60 reps) (Set 2, 50 reps) (Set 3, 40 reps)



9. Plank with shoulder tap (Set 1, 50 reps) (Set 2, 40 reps) (Set 3, 30 reps)



10. Curtsy lunges (Set 1, 30 reps) (Set 2, 20 reps) (Set 3, 10 reps)



11. Triceps dip (Set 1, 35 reps) (Set 2, 25 reps) (Set 3, 15 reps)



12. Front punches in a sumo squat (Set 1, 100 reps) (Set 2, 80 reps) (set 3, 60 reps)



❖ Water break, then repeat one to two more times doing the next set of reps.