

teami

5 DAY WORKOUT CHALLENGE



Reset - Recharge - Refocus

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meet your teami

COMMUNITEA TRAINER



My name is Adi Arezzini and I created this 5 Day Workout Challenge to help you get MOVING! Whether you are just starting your journey to a **stronger you** or you're a fitness lover but looking for a way to refocus, this free 5 day challenge is for you!

This may shock you...but I was not always into fitness and working out. To be honest, I couldn't run a mile in high school without stopping several times, getting a terrible side cramp and taking over 15 minutes to finish.

Life led me to joining the military where I was posted as a Combat Fitness Instructor...WHAT?! I went through a rigorous 4-month boot camp training and that is where my love for fitness truly began!

After completing my military service I became a Certified Personal Trainer from the National Academy of Sports Medicine, as well as receiving my certification as a Holistic Nutrition Coach from the Institute of Integrative Nutrition.



As the Co-Founder + CEO of [Teami Blends](#), it is very important to me that our Communithea is led by wellness, **not weight loss**. Our goal with all of our lifestyle products is to help you use natural, effective products in your routine to feel incredible in your own skin every single day.

I created this **5 Day Workout Challenge** in hopes of getting you moving, sweating and smiling! I have found so much happiness in daily movement and I hope to pass that onto you!

SHARE YOUR JOURNEY WITH US BY TAGGING [@TEAMIBLENDS](#)
#THANKYOUTEAMI + #TEAMIWORKOUTCHALLENGE

CO-FOUNDER & CEO
[@ADIAREZZINI](#)

the teami

WELLNESS APPROACH

We have a holistic 360 degree approach to health + wellness . It's not just dieting, or working out or eating a certain number of calories. We want our Community members to live happy, healthy and fulfilled lives, which means that we always look to create balance in all areas, not just one.



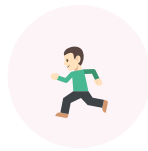
Eating whole foods, fruits and vegetables



Sleeping 7-8 hours consistently



Staying hydrated + drinking water daily



Daily body movement



Practicing gratitude



Prioritizing self-care

The practice of each of these core values daily is our way to feeling confident and centered in our lives. This 5 day challenge focuses on one of those core values -

Daily Body Movement!

the purpose behind

OUR 5 DAY WORKOUT CHALLENGE

There is a lot of information out there about fitness and it can get overwhelming!

We like to keep it simple. The entire goal is to get your body moving, heart pumping and blood flowing at least **30 minutes every single day.**

30 minutes of daily movement can support:

- ♥ **Improve self confidence**
- ♥ **Increase strength**
- ♥ **Reduce stress + anxiety**
- ♥ **Enhanced Mood**
- ♥ **Increase Energy Burst**
- ♥ **Support Heart Health**
- ♥ **Improve Memory**
- ♥ **Increase Productivity**

Our purpose is to help you get moving and make it **FUN!**

We know that starting a workout routine can sometimes be daunting sometimes, but know that the happiness, confidence and self-love you will feel at the other side is **worth every minute of it.**

DID YOU KNOW?

Almost 85 percent of people in both developed and developing countries live largely sedentary lifestyles. The human body was designed to move, and when it's deprived of this movement, the results can manifest as poor physical health, mood disorders, and accelerated aging.

5 DAY WORKOUT CHALLENGE

success checklist

- Schedule yourself in!** Set your alarms or put your workouts on your calendar so they are scheduled meetings with yourself! Show up to your appointment, just how you would show up for a meeting with someone else! **(Don't blow yourself off!)**
- Outfit ready!** Lay out your workout outfit the night before so it is ready to go! This gets you prepared and more committed for tomorrow's workout!
- Get your music!** Having a great playlist or station you like to listen to on shuffle is key for a great workout!
- Create your workout space!** If you're working out at home, designate a specific spot that you can go to every single day. Put your workout equipment close by so it's easy to set up + take down.
- Grab your accountability buddy!** Not a must, but it's great to have someone to workout with--even virtually! You can check up on each other and coordinate your workouts!
- Inspire Others!** It's AWESOME that you decided to do the 5 Day Workout Challenge, but now it's your turn to inspire your friends, family, and co-workers to do the same! Invite them to do the challenge with you!





5 DAY WORKOUT CHALLENGE

props checklist

Yoga Mat

Water Bottle

Mini Sweat Towel

Hand-Held Weights (optional)

top wellness tips

DURING YOUR 5 DAY WORKOUT CHALLENGE

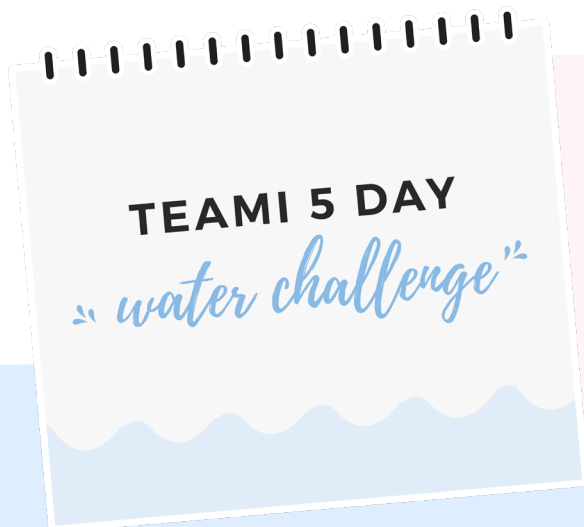
Q. "What should I eat after my workout?"

A. We recommend consuming protein within 60 minutes of your workout to help fuel your muscles and help them recover! You can add 1 scoop of our Organic Plant-Based Wellness Protein with water, milk choice or a smoothie for 17 grams of pure

Q. "How much water should I be drinking while working out?"

A. Here's a simple water intake calculation you can do based on your weight!

- 1) Take your weight (in pounds) and divide that by 2.2.
- 2) Multiply that number depending on your age: If you're younger than 30, multiply by 40.
- 3) Divide that sum by 28.3.
- 4) Your total is how many ounces of water you should drink each day.



♥ You can also do our

[Free 5 Day Water Challenge](#)

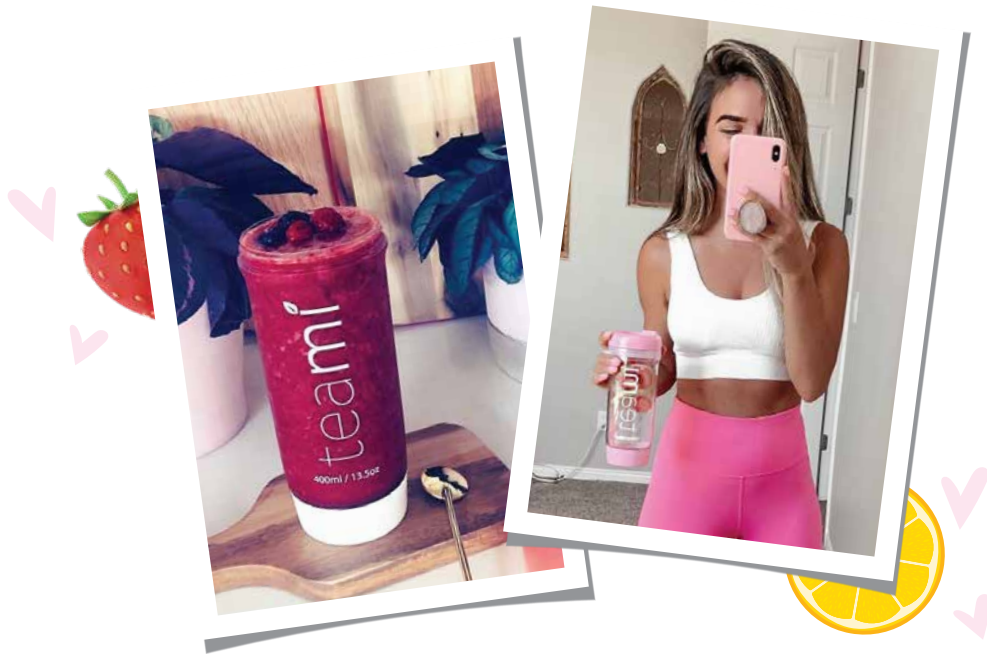
which is 1 gallon of water daily, which is also a great way to stay hydrated + energized!

Q. “What should I eat during the workout challenge?”

A. Everyone’s diets are so unique and individualized that we wouldn’t be able to answer that question with a blanket “one-size-fits-all” answer. However, we believe that eating whole foods, vegetables, fruits, nuts, lean meats and avoiding processed junk foods made with chemicals and artificial sweeteners is always the way to go.

You can download our [Free 23 Healthy Recipes Ebook](#) or our [5 Day Smoothie Challenge](#) Ebook as great resources for healthy recipe guidelines!

Also check out our [Teami Lifestyle Blog!](#) We are constantly adding new healthy recipes for our Communita there!



Q. “I’m not sure if I’m getting enough nutrients in my diet, what should I do?”

A. You’re not alone! Most Americans are not getting their daily amount of vegetables, fiber, antioxidants and nutrients from their diet! We created our [Teami Superfood Greens Powder](#) to help add 16 superfoods in just 1 scoop to your routine!

You can add it with water, juice or smoothies daily to start feeling refreshed and bright from the inside, out! Stock up on Teami Superfood Greens!

**READY TO GET
STARTED?**

let's do this!

5 DAY WORKOUT

calendar

teami

5 DAY WORKOUT CHALLENGE

Reset - Recharge - Refocus

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Daily warm up	Daily warm up	Daily warm up	Daily warm up	Daily warm up
Butty Burn Workout	Toned Arms Circuit	Strong Core Workout	Cardio Burst Workout	Total Body Burn
Daily cool down	Daily cool down	Daily cool down	Daily cool down	Daily cool down

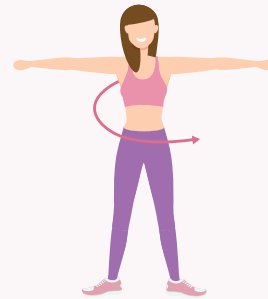
daily warm up

Do each move for 30 seconds to warm your body up before each workout!

1) Side Lean (alternating sides)



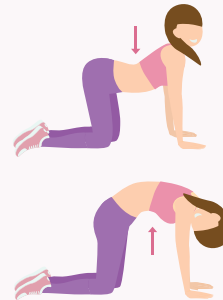
2) Standing Core Twist



3) Shoulder Rolls



4) Cat Cow



5) Downward Dog



daily cool down

Do each move for 30 seconds to cool your body down after each workout!

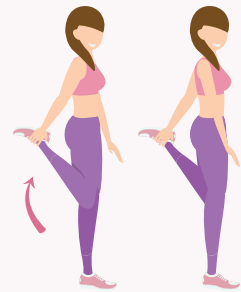
1) Cat Cow Stretch



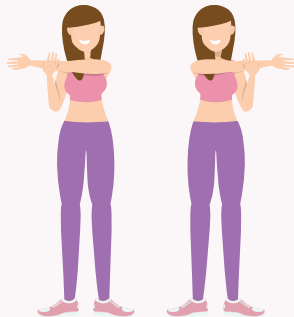
2) Hip Flexor Stretch



3) Quad Stretch



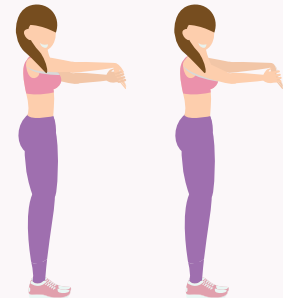
4) Shoulder Stretch



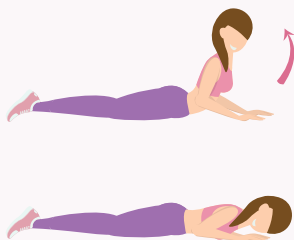
5) Forward Bend



6) Bicep Stretch



7) Abs Stretch



8) Lower Back Stretch



9) Childs Pose



day 1: booty burner workout

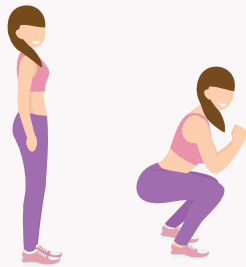
TIME:
30 MINS

Complete these 5 exercises 3-5 times through!

Tip: Have a stopwatch handy to time your breaks!

1) Body Weight Squat

x 20 repetitions



break 45 seconds

2) Lunge

x 20 repetitions, 10 per leg



break 45 seconds

3) Plie Squat

x 20 repetitions



break 45 seconds

4) Donkey Kick

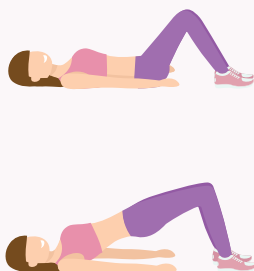
x 20 repetitions per leg, 40 total



break 45 seconds

5) Glute Bridge

x 20 repetitions



break 45 seconds



**BREAK 2 MINUTES
BEFORE YOU START
ON THE NEXT ROUND!**

See how much you can get
done in 30 minutes*



GO TO [OUR IGTV](#) TO WATCH THE VIDEO!

day 2: toned arms circuit

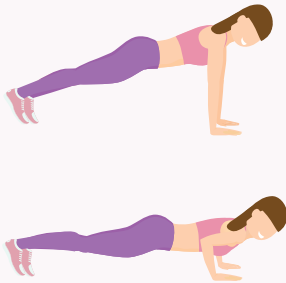
TIME:
30 MINS

Complete these 5 exercises 3-5 times through!

Tip: Have a stopwatch handy to time your breaks!

1) Push Ups (modify on your knees)

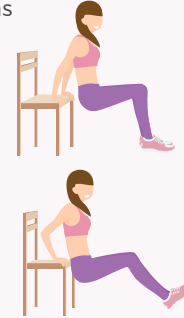
x 10-15 repetitions



break 45 seconds

2) Tricep Dips

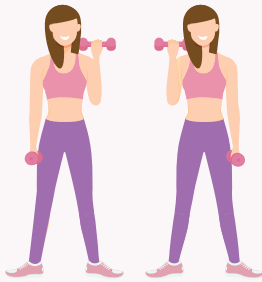
x 10-15 repetitions



break 45 seconds

3) Bicep Curls

x 10-15 repetitions, 20-25 repetitions no weights



WEIGHTS
OPTIONAL

break 45 seconds

4) Arm Circles

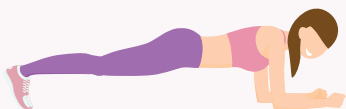
x 40 repetitions



break 45 seconds

5) Plank

hold 30-60 seconds



break 45 seconds



**BREAK 2 MINUTES
BEFORE YOU START
ON THE NEXT ROUND!**

See how much you can get
done in 30 minutes*



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day 3: strong core workout

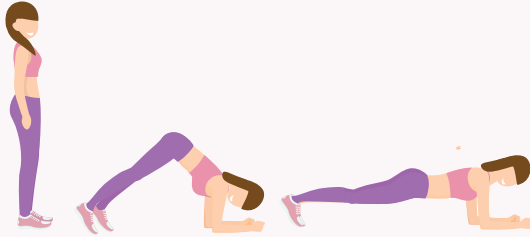
TIME:
30 MINS

Complete these 5 exercises 3-5 times through!

Tip: Have a stopwatch handy to time your breaks!

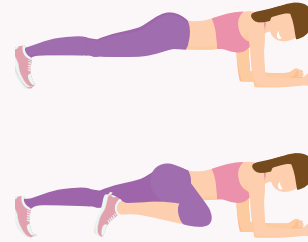
1) Inchworm Plank

x 10 repetitions



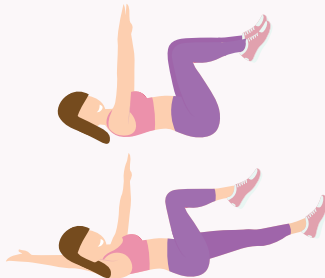
2) Spiderman Plank

x 20 repetitions, 10 per leg



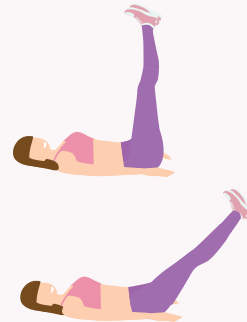
3) Dead Bug

x 20 repetitions



4) Leg Drops

x 15 repetitions



5) V-Sit Hold

hold 45-60 seconds



**BREAK 2 MINUTES
BEFORE YOU START
ON THE NEXT ROUND!**

See how much you can get
done in 30 minutes*



GO TO [OUR IGTV](#) TO WATCH THE VIDEO!

day 4: cardio burst workout

TIME:
30 MINS

Complete these 5 exercises 3-5 times through!

Tip: Have a stopwatch handy to time your breaks!

1) Jumping Jacks

60 seconds



break 45 seconds

2) Frog Jumps

60 seconds



break 45 seconds

3) High Knees

60 seconds



break 45 seconds

4) Ice Skaters

60 seconds



break 45 seconds

5) Mountain Climbers

60 seconds



break 45 seconds



**BREAK 2 MINUTES
BEFORE YOU START
ON THE NEXT ROUND!**

See how much you can get
done in 30 minutes*



GO TO [OUR IGTV](#) TO WATCH THE VIDEO!

day 5: total body burn

TIME:
30 MINS

Complete these 5 exercises 3-5 times through!

Tip: Have a stopwatch handy to time your breaks!

1) Sumo Squat

25 total



+ Sumo Squat Pulses

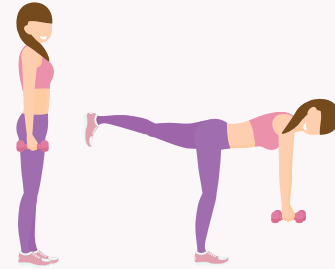
25 total



break 45 seconds

2) Single Leg Deadlift

15 per side, 30 total

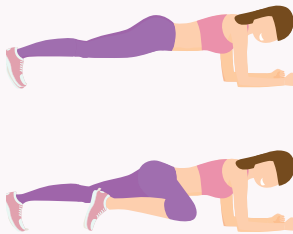


WEIGHTS
OPTIONAL

break 45 seconds

3) Spiderman Plank

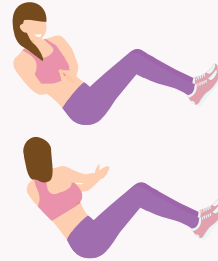
x 20 repetitions total, 10 per leg



break 45 seconds

4) V-Sit Twist

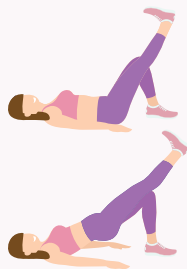
25 total (break 45 seconds)



break 45 seconds

5) Single Leg Glute Bridge

15 per side, 30 total (break 45 seconds)



break 45 seconds



**BREAK 2 MINUTES
BEFORE YOU START
ON THE NEXT ROUND!**

See how much you can get
done in 30 minutes*



GO TO [OUR IGTV](#) TO WATCH THE VIDEO!

you did it!

I am so proud of you! It can be daunting to try new morning routines, new recipes and new habits, but you DID IT!

So, how do you feel?

Check-in with yourself and see if you saw any improvements.

ASK YOURSELF THESE QUESTIONS:

Did your mood change? _____

How were your energy levels? _____

Did you have less or more cravings? _____

Did you see any changes in your digestion? _____

Did you feel more confident? _____

Did you feel stronger in your body? _____

Feel free to DM [@teamiblends](#) or me directly [@adiarezzini](#) and share what changes you saw and felt!



CO-FOUNDER & CEO
@ADIAREZZINI

INNER WELLNESS

recommendations



Teami Beauty Collagen

LEARN MORE



Teami Superfood Greens

LEARN MORE



Teami Wellness Protein

LEARN MORE



Teami Mixit Blender

LEARN MORE

Click [HERE](#) or head to <https://www.teamiblends.com> to get yours!