

FIT IN 40 CHALLENGE



WEEK 1 - WORKOUT & MEAL PLAN

The workouts incorporate the use of fitness bands available at most sporting goods stores. A jump rope and set of dumbbells can also come in handy, but are not necessary. If you have questions on how to do certain exercises or want to make sure your form is good, there are many helpful videos available online.

BREAKFAST: Oatmeal with Berries & Hemp Seeds

SNACK (include one or both snacks daily): PlantFusion® Strawberry Protein Smoothie

LUNCH: Choose any Lunch Recipe

SNACK: PlantFusion® Protein Shake with Nuts or Avocado

DINNER: Choose any Dinner Recipe

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WORKOUT PLAN

3 ROUNDS - FULL BODY DAY

- 30 - Jump Rope or Jumping Jacks
- 10 - Bodyweight Squats
- 15 - Crunches
- 10 - Jump Squats
- 20 - Band Lateral Shuffle (20 steps each leg)
- 5 - Burpees
- 10 - Band or Dumbbell Curls into Overhead Press

3 ROUNDS - LEG DAY

- 30 - Jump Rope or Jumping Jacks
- 10 - Bodyweight Squats
- 12 - Step-Ups (12 total steps)
- 10 - Jump Squats
- 20 - Walking Lunges (20 steps each leg)
- 20 - Band Lateral Shuffle (20 steps each leg)
- 20 - Band Kick Backs (20 kicks each leg)

3 ROUNDS - CHEST & BACK DAY

- 5 - Burpees
- 10 - Pushups
- 20 - Crunches
- 10 - Wide Grip Band Rows
- 20 - Mountain Climbers
- 10 - Band/Dumbbell Chest Press
- 10 - Band/Dumbbell Deadlifts

NOTE: You can swap days for both the meals and workouts, but we recommend taking a least one rest day in between workouts. So you can do a M,W,F schedule, or a T, Th, Sat — whatever works best for you.