

FIT IN 40 CHALLENGE



WEEK 2 - 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 or Coconut Yogurt with Berries & Hemp Seeds

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

LUNCH: Choose Any Lunch Recipe from the Week 1 list or eat Dinner Leftovers (Half Portion)

SNACK: PlantFusion® Protein Shake with Nuts or Avocado

DINNER: Choose any Dinner Recipe from Week 2 list

BREAKFAST: Chia Seed Pudding or Spelt Flakes Cereal with Berries

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

LUNCH: Choose Any Lunch Recipe from the Week 1 list or eat Dinner Leftovers (Half Portion)

SNACK: PlantFusion® Protein Shake with Fruit

DINNER: Choose any Dinner Recipe from Week 2 list

BREAKFAST: Oatmeal or Coconut Yogurt with Berries & Hemp Seeds

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

LUNCH: Choose Any Lunch Recipe from the Week 1 list or eat Dinner Leftovers (Half Portion)

SNACK: PlantFusion® Protein Shake with Nuts or Avocado

DINNER: Choose any Dinner Recipe from Week 2 list

BREAKFAST: Chia Seed Pudding or Spelt Flakes Cereal with Berries

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

LUNCH: Choose Any Lunch Recipe from the Week 1 list or eat Dinner Leftovers (Half Portion)

SNACK: PlantFusion® Protein Shake with Fruit

DINNER: Choose any Dinner Recipe from Week 2 list

BREAKFAST: Oatmeal or Coconut Yogurt with Berries & Hemp Seeds

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

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WORKOUT PLAN

3 ROUNDS - SHOULDERS & ARMS

- 30 - Jump Rope or Jumping Jacks
- 10 - Pushups
- 30 seconds - Plank
- 30 - Mountain Climbers
- 20 - Squat with Band Overhead Shoulder Press
- 10 - Band/Dumbbell Bicep Curls
- 10 - Bench Dips

3 ROUNDS - LEGS

- 10 - Jump Squats
- 30-50 yard - Sprints
- 20 seconds - High Knees
- 20 seconds - Butt Kicks
- 20 - Band Lateral Shuffle (20 steps each leg)
- 10 - Lateral Step-Ups (10 total steps)
- 5 - Box Jumps

3 ROUNDS - BACK & ABS

- 10 - Lying Back Extensions
- 30 seconds - Plank
- 20 - Mountain Climbers
- 20 - Wide Grip Band Lat Pull Downs
- 10 - Crunches
- 10 - Band/Dumbbell Deadlifts
- 10 - Lying Leg Raises

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.