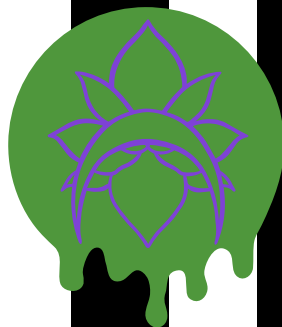


SPOOKY
BOOITY
HOME



Day 1 Home: Push Day

Welcome to day one of the Spooky Booty Challenge!

Don't forget to set your goals & take your before photos / measurements - let's do the damn thing!

1a. Couch Dips 3 x 10

2a. Push Ups 3 x 10

3a. DB Hammer Press 3 x 8

3b. Lying DB Flys 3 x 8

4a. Supinated Front Raises 3 x 8

4b. Rear Delt Flys 3 x 8

5a. Lateral Raise Drop Set 3 x 10, 10

6a. Cable Tricep Extension 3 x 10

Day 2 Home: Pull Day

It's got to be done

1a. Reverse Snow Angels 4 x 10

2a. Supermans 4 x 10

3a. Single Arm Row 3 x 8

4a. Seated Low Cable Row (RB) 3 x 10

5a. Bicep Curls 3 x 8

5b. Hammer Curls 3 x 8

6a. Low Intensity Steady State Cardio (15 minutes)

Day 3: Rest

Day 4 Home: Full Body HIIT

Future you will either resent or applaud present you for the decisions you make today

1a. DB Clean Press 3 x 8

2a. RDL, Row Complex 3 x 8

3a. Single Leg KB Swings 3 x 10 per leg

4a. Box Jumps 3 x 30 seconds

4b. **KB / DB March** 3 x 10 per leg

5a. Jump Rope 3 x 1 minute

6a. Low Intensity Steady State Cardio (15 minutes)

Day 5 Home: Glute Day

May your tummy get flatter & your ass get fatter

1a. Single Leg Hip Thrusts 2 x 8 per side

2a. Hip Thrusts 3 x 10

3a. Good Mornings 3 x 10

4a. Knee to Heel Walking Lunges 3 x 8 per leg

5a. Glute Med Kickbacks 3 x 10

5b. Cable Abduction 3 x 10

Day 6: Rest

Day 7 Home: Full Lower Body

Snap a photo of your pump and tag us on instagram! @twp.fit

1a. Suitcase Squats 3 x 10

1b. Jump Squats 3 x 10 (weighted or unweighted)

2a. Goblet Squats 3 x 8

3a. Bulgarian Split Squats 2 x 8

4a. Crossover Step Ups 2 x 8

5a. Standing Weighted Abductions 3 x 10

5b. Abduction ISO Hold 3 x 20 seconds

Day 8 Home: Push Day

Your monthly Titty Day reference, have a good workout, Pookie!

1a. Couch Dips 3 x 10

2a. Push Ups 3 x 10

3a. DB Squeeze Press 3 x 8

3b. DB Flys 3 x 8

4a. Plate Press 3 x 8

4b. Around the Worlds 3 x 8

5a. Skullcrushers 3 x 10

6a. Tricep Extension 3 x 6 weighted, 6 bodyweight

Day 9 Home: Pull Day

Follow the plan, not your mood

1a. Reverse Snow Angels 5 x 5

2a. Supermans 3 x 10

3a. **Single Arm Row** 3 x 8

4a. Seated Low Cable Row (RB) 3 x 10

5a. **Zottman Curls** 3 x 8

6a. **Reverse Curls** 3 x 8

7a. Low Intensity Steady State Cardio (15 minutes)

Day 10: Rest

Day 11 Home: Full Body HIIT

You are allowed to be both a masterpiece & a work in progress.

1a. DB Clean Press 3 x 8

2a. **Gorilla Row** 3 x 8 per side

3a. Single Leg KB Swings 3 x 8 per leg

4a. Box Jumps 3 x 40 seconds

4b. **KB / DB March** 3 x 10 per leg

5a. Jump Rope 4 x 1 minute

6a. Low Intensity Steady State Cardio (15 minutes)

Day 12 Home: Glute Day

There is a seat for you at tables you don't even know exist yet

1a. Single Leg Hip Thrusts 3 x 8 per side

2a. Hip Thrusts 3 x 10

3a. Good Mornings 3 x 10

4a. Knee to Heel Walking Lunges 3 x 10 per leg

5a. Glute Med Kickbacks 3 x 10

5b. Cable Abduction 3 x 10

Day 13: Rest

Day 14 Home: Full Lower Body

The gap between the life you want and the life you have is: mindset, focus, and consistency

1a. Suitcase Squats 4 x 8

1b. Jump Squats 4 x 10 (weighted or unweighted)

2a. Curtsy Squats 3 x 8 per leg

3a. Step Ups 3 x 8 per leg

3b. BW Step Ups 3 x 8 per leg

4a. **Standing Weighted Abductions** 3 x 10

4b. Abduction ISO Hold 3 x 20 seconds

Day 15 Home: Push Day

Life isn't about *finding* yourself, it's about *creating* yourself

1a. **Couch Dips** 3 x 10

2a. **Push Ups** 3 x 10

3a. **DB Hammer Press** 3 x 10

3b. Lying DB Flys 3 x 10

4a. **Supinated Front Raises** 3 x 10

4b. **Rear Delt Flys** 3 x 10

5a. **Lateral Raise Drop Set** 3 x 8, 8, 8

6a. **Cable Tricep Extension** 3 x 10

Day 16 Home: Pull Day

Be the human 13 year old you would look up to

1a. Reverse Snow Angels 4 x 8

2a. Supermans 3 x 10

3a. Single Arm Row 3 x 10

4a. Seated Low Cable Row (RB) 4 x 10

5a. Bicep Curls 3 x 10

5b. Hammer Curls 3 x 10

6a. Low Intensity Steady State Cardio (15 minutes)

Day 17: Rest

Day 18 Home: Full Body HIIT

This is anything but easy, but you are anything but weak

1a. DB Clean Press 3 x 8

2a. RDL, Row Complex 3 x 8

3a. Single Leg KB Swings 3 x 8-10 per leg

4a. Box Jumps 3 x 50 seconds

4b. **KB / DB March** 3 x 12 per leg

5a. Jump Rope 5 x 1 minute

6a. Low Intensity Steady State Cardio (15 minutes)

Day 19 Home: Glute Day

You cannot hate yourself into a version that you love. Show up today because you love yourself, because you respect yourself enough to become better.

1a. Single Leg Hip Thrusts 3 x 8 per side

2a. Hip Thrusts 3 x 10

3a. Good Mornings 3 x 10

4a. Knee to Heel Walking Lunges 3 x 10 per leg

5a. Glute Med Kickbacks 3 x 10

5b. Cable Abduction 3 x 10

Day 20: Rest

Day 21 Home: Full Lower Body

There is a past version of you that is so proud of how far you have come.

1a. Suitcase Squats 4 x 10

1b. Jump Squats 4 x 10 (weighted or unweighted)

2a. Goblet Squats 3 x 10

3a. Bulgarian Split Squats 3 x 8

4a. Crossover Step Ups 3 x 8

5a. Standing Weighted Abductions 3 x 12

5b. Abduction ISO Hold 3 x 30 seconds

Day 22 Home: Push Day

There is no shame in the struggle. Never be embarrassed in working hard to get where you want to be.

1a. **Couch Dips** 3 x 10

2a. **Push Ups** 3 x 10

3a. DB Squeeze Press 3 x 10

3b. DB Flys 3 x 10

4a. **Plate Press** 3 x 10

4b. **Around the Worlds** 3 x 10

5a. **Skullcrushers** 3 x 10

6a. Tricep Extension 3 x 8 weighted, 8 bodyweight

Day 23 Home: Pull Day

Focus on the step in front of you, not the whole staircase. Complete this workout today, that is the only thing you need to do right now.

1a. Reverse Snow Angels 5 x 5

2a. Supermans 3 x 10

3a. Single Arm Row 3 x 10

4a. Seated Low Cable Row (RB) 3 x 10

5a. Zottman Curls 3 x 10

6a. Reverse Curls 3 x 10

7a. Low Intensity Steady State Cardio (15 minutes)

Day 24: Rest

Day 25 Home: Full Body HIIT

~~I have to do this.~~ I get to do this.

1a. DB Clean Press 3 x 8

2a. Gorilla Row 3 x 8 per side

3a. Single Leg KB Swings 3 x 10 per leg

4a. Box Jumps 3 x 1 minute

4b. KB / DB March 3 x 12 per leg

5a. Jump Rope 6 x 1 minute

6a. Low Intensity Steady State Cardio (15 minutes)

Day 26 Home: Glute Day

Appreciate where you are in life right now. Even if you aren't where you want to be. Every season of life serves its purpose.

1a. Single Leg Hip Thrusts 3 x 8 per side

2a. Hip Thrusts 3 x 10

3a. Good Mornings 4 x 10

4a. Knee to Heel Walking Lunges 3 x 10 per leg

5a. Glute Med Kickbacks 4 x 10

5b. Cable Abduction 4 x 10

Day 27: Rest

Day 28 Home: Full Lower Body

Work on the things you *can* control: your focus, your energy, your effort, your mindset.

1a. Suitcase Squats 4 x 8

1b. Jump Squats 4 x 10 (weighted or unweighted)

2a. Curtsy Squats 3 x 8 per leg

3a. Step Ups 3 x 10 per leg

3b. BW Step Ups 3 x 10 per leg

4a. **Standing Weighted Abductions** 3 x 12

4b. Abduction ISO Hold 3 x 30 seconds

Day 29 Home: Push Day

Your direction is more important than your speed. You have almost completed your 30 day fitness challenge & you may not be exactly where you want to be. But you showed up, you put in the work, and you made changes to your mindset, body, and health that will be huge strides for your goals in the long term.

1a. **Couch Dips** 3 x 10

2a. **Push Ups** 3 x 10

3a. **DB Hammer Press** 3 x 10

3b. Lying DB Flys 3 x 10

4a. **Supinated Front Raises** 3 x 10

4b. **Rear Delt Flys** 3 x 10

5a. **Lateral Raise Drop Set** 3 x 10, 10, 10

6a. **Cable Tricep Extension** 3 x 10

Day 30 Home: Pull Day

YOU DID IT! You have made it to the last Spooky Booty workout of our 30 day challenge . . . I am so proud of you. I am so honored to have been part of your journey! I hope to see you next month for our November challenge! This was just a stepping stone into your future. There is so much potential in you . . . so many gains to be had!

1a. Reverse Snow Angels 4 x 10

2a. Supermans 4 x 10

3a. **Single Arm Row** 4 x 10

4a. Seated Low Cable Row (RB) 4 x 10

5a. Bicep Curls 4 x 10

5b. Hammer Curls 4 x 10

6a. Low Intensity Steady State Cardio (15 minutes)