

BEAT THE BULGE CALENDER

DAILY GOALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	NOV 30	DEC 1	DEC 2	DEC 3	DEC 4	DEC 5	DEC 6
Ate 90 grams of Protein Ate at least 6 serving of vegetables Drank at least 8 glasses of water Worked out for at least 20 mins each day Took 15 mins to do something for myself today Went to bed by 10pm/got 8 hours of sleep	Metabolic Circuit #1 Set #1 Squat with overhead press Reverse lunge with bicep curl Push ups Plank hold (30 secs) Set #2 One arm row Dead lifts Jump Squats *Recruit a workout or accountably buddy	20 mins interval run Run for 1 minute and then rest for 1 minute Repeat 10 times (20 minutes) Treat yourself to new gym clothes or sneakers	Metabolic Circuit #2 Set #1 Step ups with Squat at bottom Dips Chest press/chest fly Bicycles Set #2 Bulgarian Lunge Bent over row Bridges *Smile at a stranger	Hill Sprints Find an incline (or use a treadmill) Run uphill all out for about 20 seconds Walk back down to recover After rest repeat uphill sprint (8 times) *Spend some time meditating todayger	Metabolic Circuit #3 Set #1 Squat, Lunge, Squat, Lunge Walk out to push ups Bicep curt to shoulder press Jump Lunges Set #2 1 leg Dead lifts Triceps pushups Bent over rows *Swap your coffee for green tea today-dayger	Optional Workout or 60 min leisure walk * Do something out of your comfort zone.	Rest Day: Take a Yoga Class
Ate 90 grams of Protein Ate at least 6 serving of vegetables Drank at least 8 glasses of water Worked out for at least 20 mins each day Took 15 mins to do something for myself today Went to bed by 10pm/got 8 hours of sleep	Metabolic Circuit #4 Set #1 Walking Lunge w/ Bicep Curl Side Lunge w/ Shoulder Press Renegade Row Jump Squats Set #2 Dumbbell Bent Over Row w/ Fly Standing Hammer Curl Standing Arnold Press *Spend some time in nature	20 mins interval run Run for 30 secs and then rest for 30 secs Repeat 20 times (20 minutes) Treat yourself to a new cocktail dress	Metabolic Circuit #5 Set #1 Dead lift w/ Row Pushup Chest Press/Fly Set #2 Squat/Squat Jump Alternate Front Raise One Arm Row Burpee *Book a Massage	Hill Sprints Find an incline (or use a treadmill) Run uphill all out for about 20 seconds Walk back down to recover After rest repeat uphill sprint (8 times) Walk for 30 mins *Spend some time with someone who makes you laugh today *Book a Massage	Metabolic Circuit #6 Walking lunges with bicep curl Push ups with rows Plié squat with front raise Mountain climbers Chest press with 1 leg bridges Close grip push ups Forearm to hand walks/planks Mountain climbers *Dance like you don't care whose watching :)	Optional Workout or 60 min leisure walk * Tell someone why you are grateful to have them in your lifeou don't care whose watching :)	Rest Day: Spend time foam rolling or stretching
Ate 90 grams of Protein Ate at least 6 serving of vegetables Drank at least 8 glasses of water Worked out for at least 20 mins each day Took 15 mins to do something for myself today Went to bed by 10pm/got 8 hours of sleep	Metabolic Circuit #7 Set #1 Squats with one arm press with rotation Side lunges with bicep curl Push ups Switch lunges Set #2 Alternating front lunges Bent over row Skull crushers Switch lunges *Turn off the TV and don't watch the news *Spend some time in nature	20 mins interval run Run for 1 minute run and then rest for 30 secs Repeat until you reach 20 minutes Learn how to say no and don't overcommit yourself *Spend some time in nature	Metabolic Circuit #8 Set #1 Goblet squat with overhead press Lunges with a twist Alternate bicep curl Mountain climbers Set #2 Alternate renegade row Wide leg dead lifts Plank 1 knee to opposite elbow Mountain climbers *Get a Mani/Pedi	Tabata workout Tabata: You must push to your limits for 20 seconds, you want to push as hard as you can and feel like you are out of breath. You should feel done after 4 minutes. So you need to push hard. *Tabata workout: Do 8 rounds of 20 seconds work/ 10 seconds rest: •Jump Squats- Squat down low and then explode off the floor. As soon as you hit to floor squat and explode again. *Make a list of 10 things that you are grateful for today! *Get a Mani/Pedi	Metabolic Circuit #9 Set #1 Reverse lunge 1 arm press Squats Spider-Man push ups Ice skaters Set #2 Step ups with bicep curl 1 leg dead lift with row Bicycles Ice skaters * Do something that makes you laugh today	Optional Workout or 60 min leisure walk * Cook or bake something healthy and bring it to a friend	Rest Day: Take a Leisure Walk
Ate 90 grams of Protein Ate at least 6 serving of vegetables Drank at least 8 glasses of water Worked out for at least 20 mins each day Took 15 mins to do something for myself today Went to bed by 10pm/got 8 hours of sleep	Metabolic Circuit #10 Set #1 Monday Alternate side lunges weight to out-side of foot Bent over fly Lat pull overs with triceps press Jump rope Set #2 Squat with bicep curl at the bottom Dips Plank rotations Jump rope * Avoid any drama today	Tabata workout Tabata: You must push to your limits for 20 seconds, you want to push as hard as you can and feel like you are out of breath. You should feel done after 4 minutes. So you need to push hard. *Tabata workout: Do 8 rounds of 20 seconds work/ 10 seconds rest: •Burpees- Squat down, place your hands on the floor, jump back on your feet to a push up position, jump back in and then explode in the air. Repeat. *Write a thank you note to someone you are grateful for	Metabolic Circuit #11 Set #1 Walking lunge with wood chop Side lunge with curl to press Superman Switch jumps Set #2 Dead lift to upright row Squats Side plank with shoulder raise Switch jumps *Do some breathing exercises	20 mins interval run Run for 1 minute run and then rest for 30 secs Repeat until you reach 20 minutes *Volunteer to help someone that is less fortunate then you	Merry Christmas!! Take the day off and enjoy some time with friends and family!	Metabolic Circuit #12 Set #1 Squat with curl to press Dead lift with row Crunches Jump squats Set #2 Reverse lunges Dips on bench Incline fly Jump squats or Optional Workout or 60 min leisure walk * Get rid of all the extra holiday cookies laying around	Rest Day: Get a Massage walk * Get rid of all the extra holiday cookies laying around
Ate 90 grams of Protein Ate at least 6 serving of vegetables Drank at least 8 glasses of water Worked out for at least 20 mins each day Took 15 mins to do something for myself today Went to bed by 10pm/got 8 hours of sleep	Metabolic circuit #13 Set #1 Walking lunges with bicep curl Push ups with rows Plié squat with front raise Mountain climbers Set #2 Chest press with 1 leg bridges Close grip push ups Forearm to hand walks/planks Mountain climbers *Watch a funny show or clip on You-Tube	20 mins interval run Run for 1 minute run and then rest for 30 secs Repeat until you reach 20 minutes *Be creative- pain, draw, write	Metabolic Circuit #14 Set #1 Squats with one arm press with rotation Side lunges with bicep curl Push ups Switch lunges Set #2 Alternating front lunges Bent over row Skull crushers Switch lunges *Write down the things that you are grateful for this year.	workout Tabata: You must push to your limits for 20 seconds, you want to push as hard as you can and feel like you are out of breath. You should feel done after 4 minutes. So you need to push hard. *Tabata workout: Do 8 rounds of 20 seconds work/ 10 seconds rest: •Burpees- Squat down, place your hands on the floor, jump back on your feet to a push up position, jump back in and then explode in the air. Repeat. * Have some fun today!	Happy New Year!!ck in and then explode in the air. Repeat. * Have some fun today!		

