



FITLUUD
FITNESS MOTIVATION GURU

THE 5 WEEK

FIT5 TRANSFORMATION

CHALLENGE

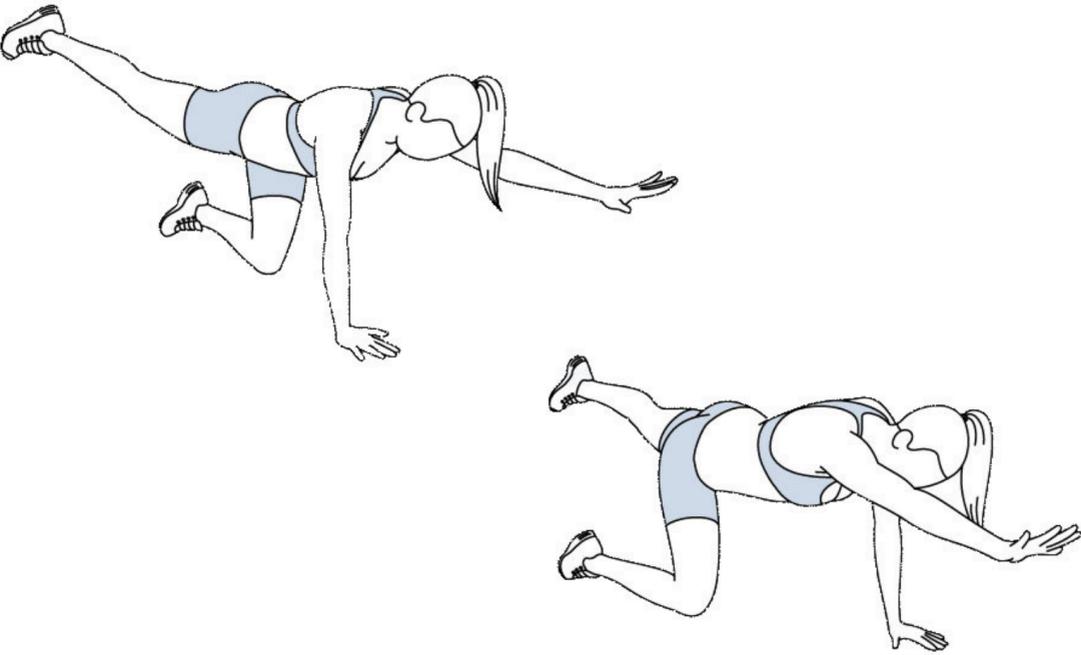
LEARN HOW EFFECTIVE SIMPLE

FITNESS CAN BE.

WEEK 2 VISUAL GUIDE

Warm up

Do each warm up exercise for 1 minute



Bird dogs

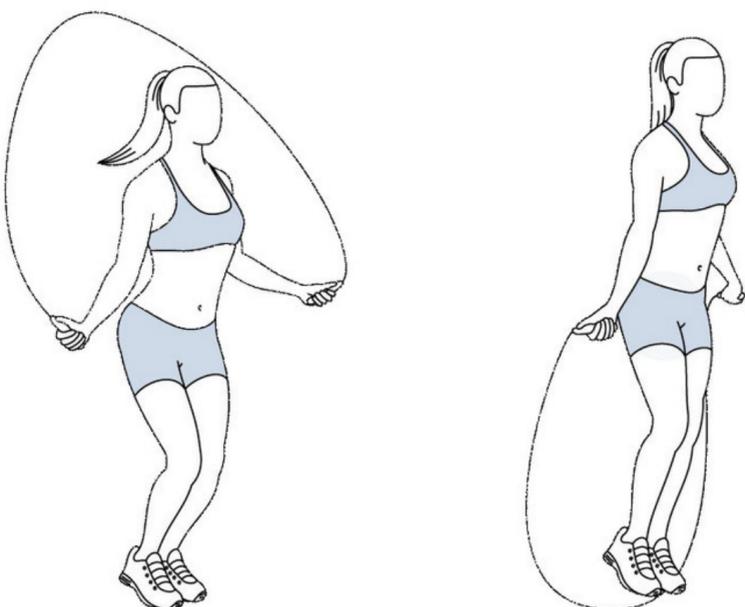
Start on all fours.
Reach opposite arm
and opposite leg.
Alternating sides for 1
minute.

Arm Circles

Do these 30 seconds in one
direction then 30 seconds in
the other.



Jump rope

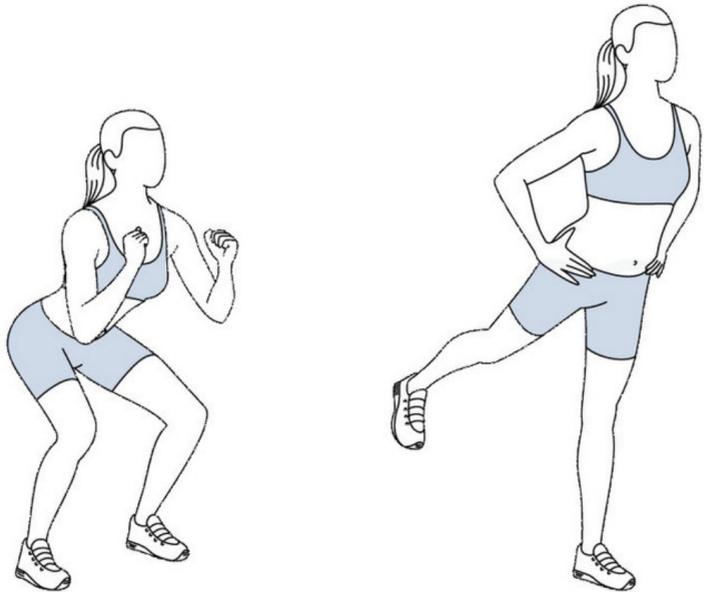


If you don't have a
jumprope
imagine you do!!!

WEEK 2 VISUAL GUIDE

Do this workout for 5 days this week

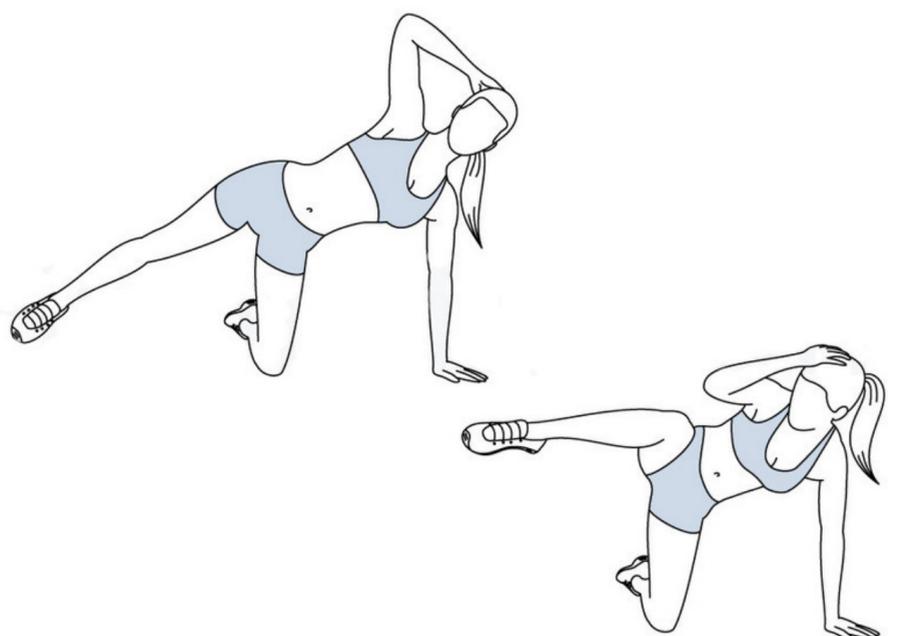
Squat w/kickback



Squat down as low as you can. As you stand squeeze your booty and send the R leg back behind you. Return to squat position and do the same thing with the L leg. That is one rep. *Modify and do a regular squat *Intensify and hold dumbbells

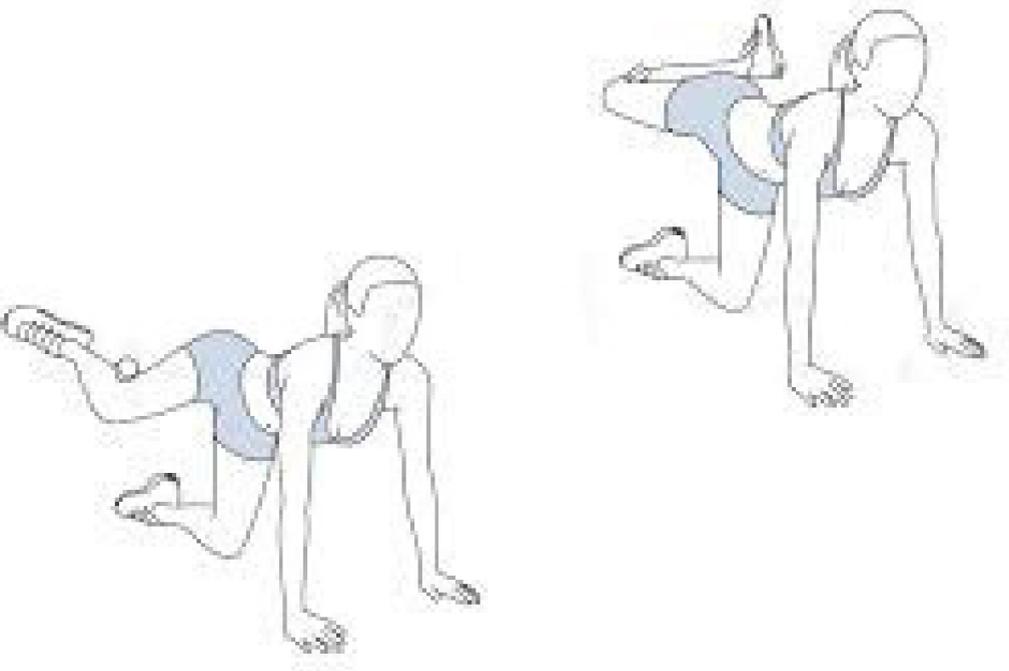
Start on your right knee and right hand. Place your left hand behind your head. Crunch your left knee in towards your elbow as shown for reps. Repeat on the other side.. *Modify and do not lift your leg. **Intensify and stack ankles on top of each other in a full plank position.

Plank side crunch



WEEK 2 VISUAL GUIDE

Fire Hydrant



Start on all fours. Tighten your abs and raise your right leg with a bent knee as high as you can. Return to start. Repeat for reps then go to the other side.

**Intensify by placing a dumbbell in your knee bend.

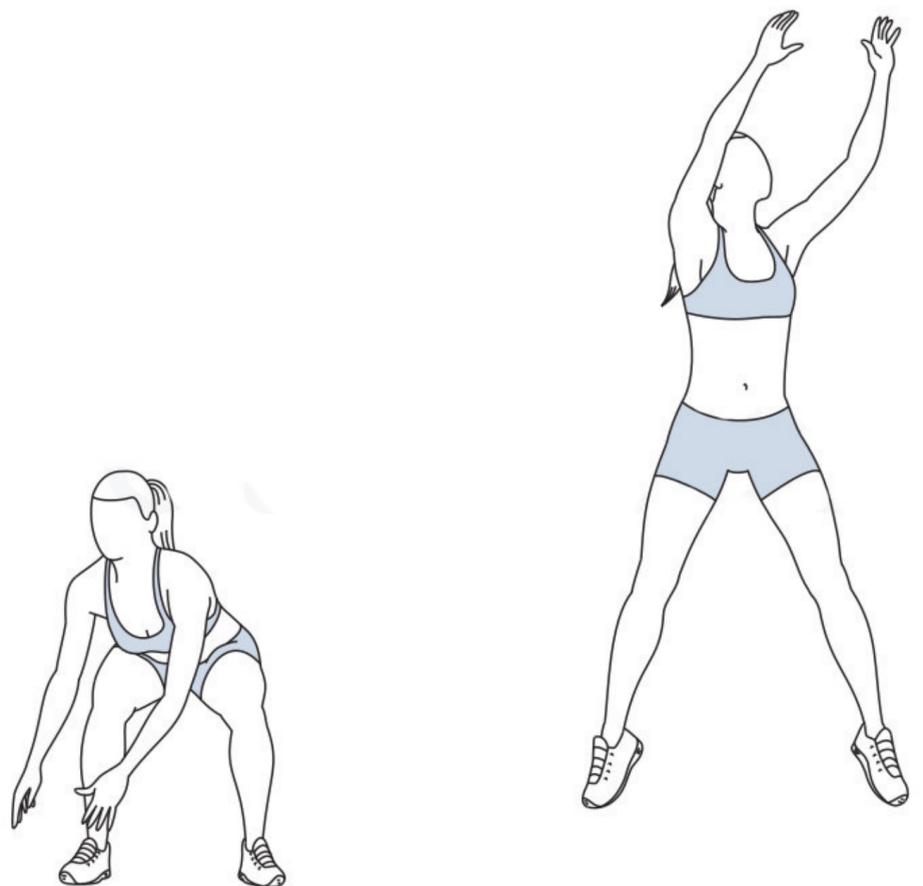
Lateral Jump

Squat

Squat down as shown to the right side and explosively jump in the air towards the left bringing your arms over head. This is one rep. Repeat on the other side.

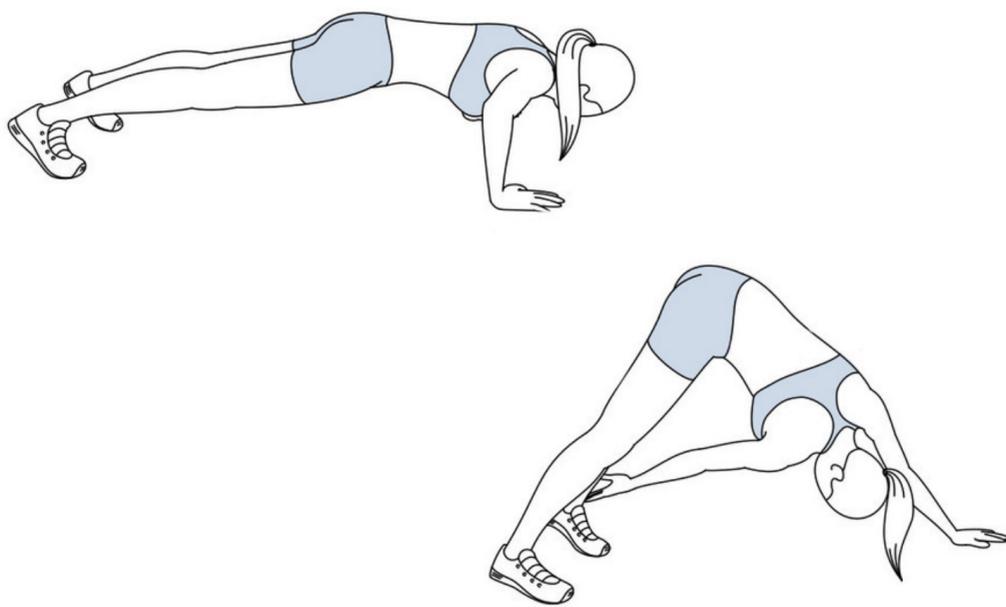
*Modify and do not jump.

*Intensify and hold dumbbells



WEEK 2 VISUAL GUIDE

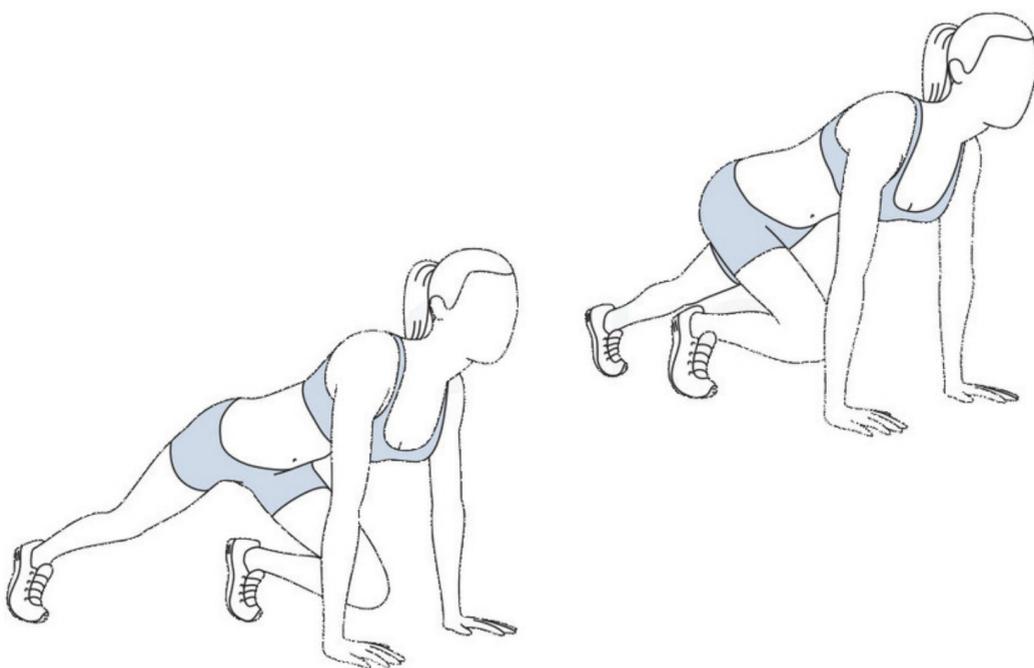
Pushup to toe touch



Start in a pushup position. As you press up shift to down dog and touch right hand to left toe as shown. Go back to a pushup and as you press up shift to down dog and touch left hand to right toe. This is one rep. *Modify and do not do a full pushup. **Intensify and add 2 pushups between reps.

Mountain Climbers

*Cardio Blast
*Optional

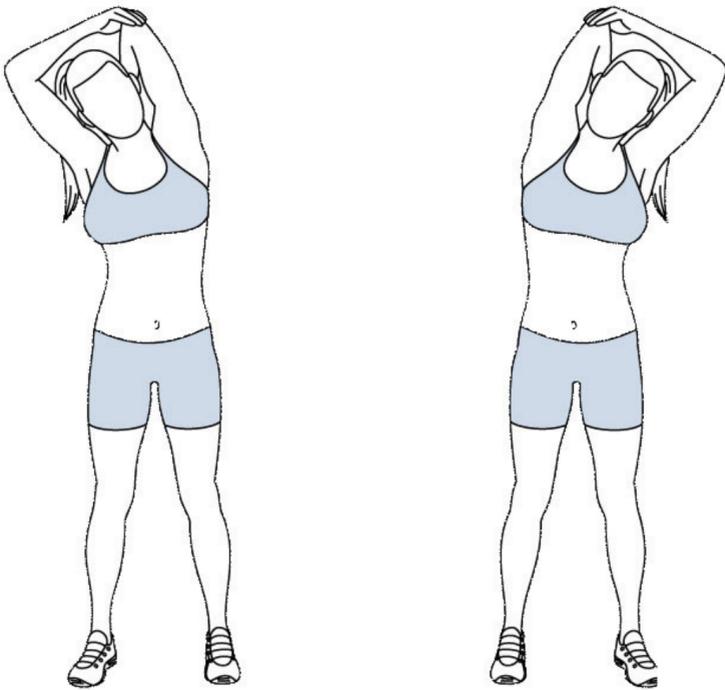


Start in a plank position on hands. Alternate knees as you jump them into chest as fast as you can *Modify and pull knees to chest instead of jumping

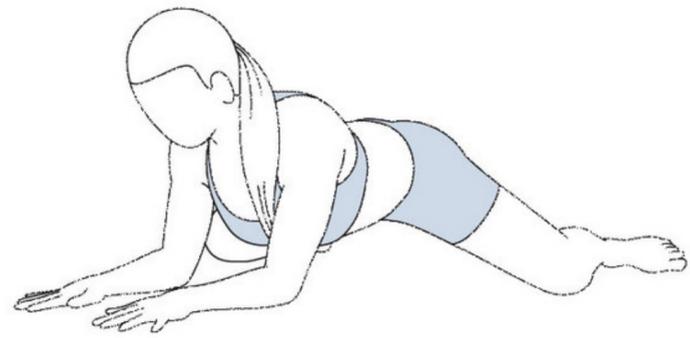
COOL DOWN/STRETCH WEEK 2

Hold each stretch for 30-45 seconds on each side

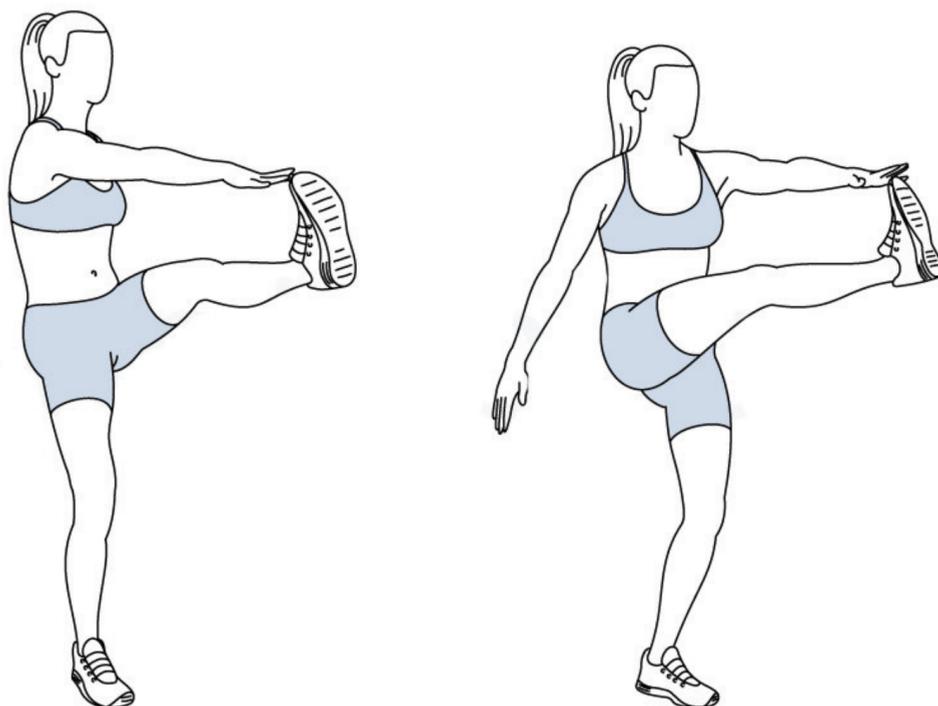
Tricep Stretch



Frog Stretch



Toe Touch





FITLUD
FITNESS MOTIVATION GURU



Congrats Rockstar! You have completed Week 2 of your Challenge! Don't forget to let the crew in our Facebook group hear all about your success and post about your workout in the "Fit in 5 Tribe" Keep tallying your points and be on the look out for an email for your week 3 workout!