



**FITLUUD**  
FITNESS MOTIVATION GURU

**THE 5 WEEK**

**FIT5 TRANSFORMATION**

**CHALLENGE**

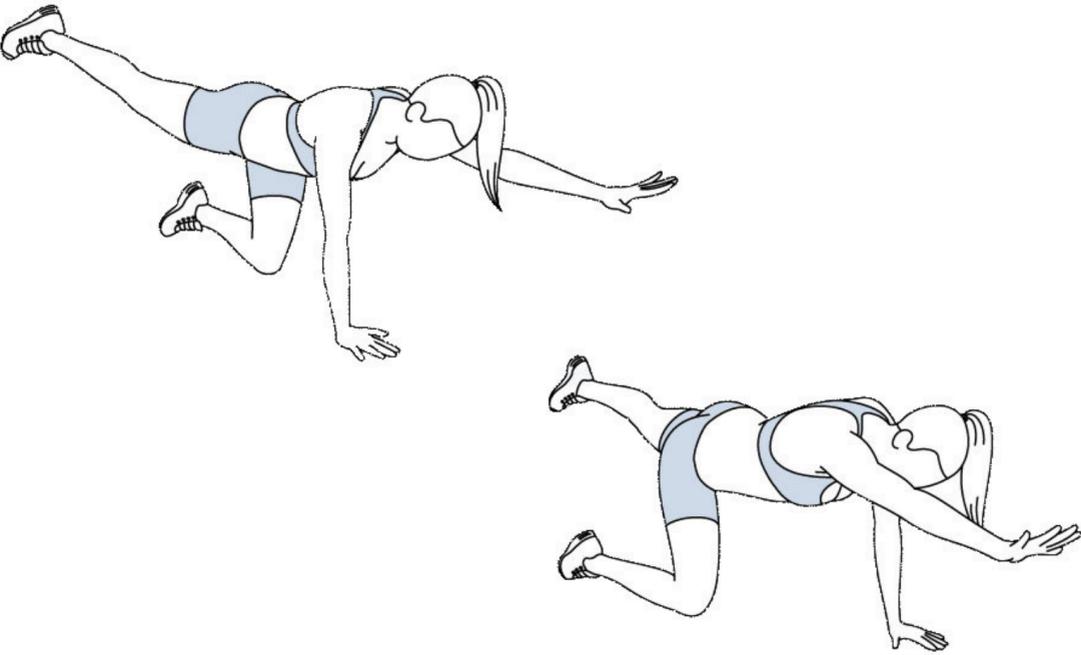
**LEARN HOW EFFECTIVE SIMPLE**

**FITNESS CAN BE.**

# WEEK 2 VISUAL GUIDE

## Warm up

Do each warm up exercise for 1 minute

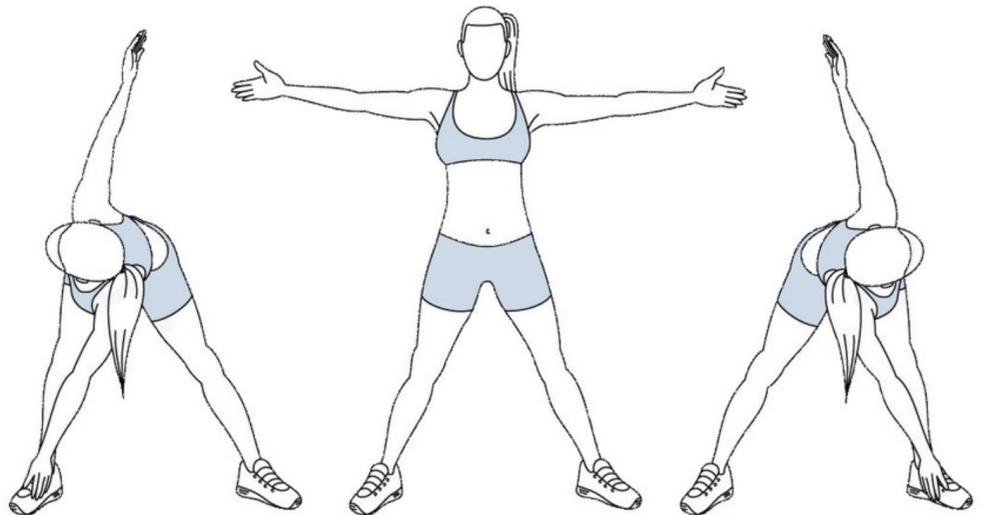


## Bird dogs

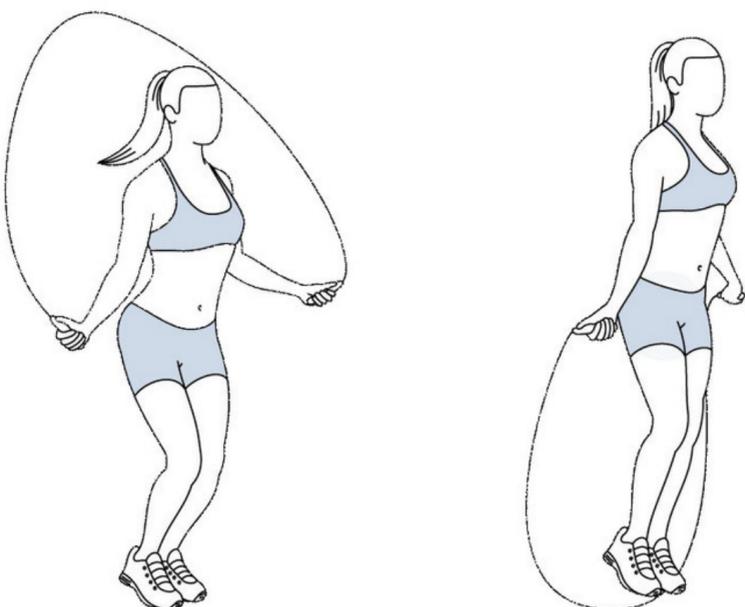
Start on all fours.  
Reach opposite arm  
and opposite leg.  
Alternating sides for 1  
minute.

## Opposite Toe Touch

Remember to engage your  
core by pulling naval to  
spine and reach hand to  
opposite foot.



## Jump rope

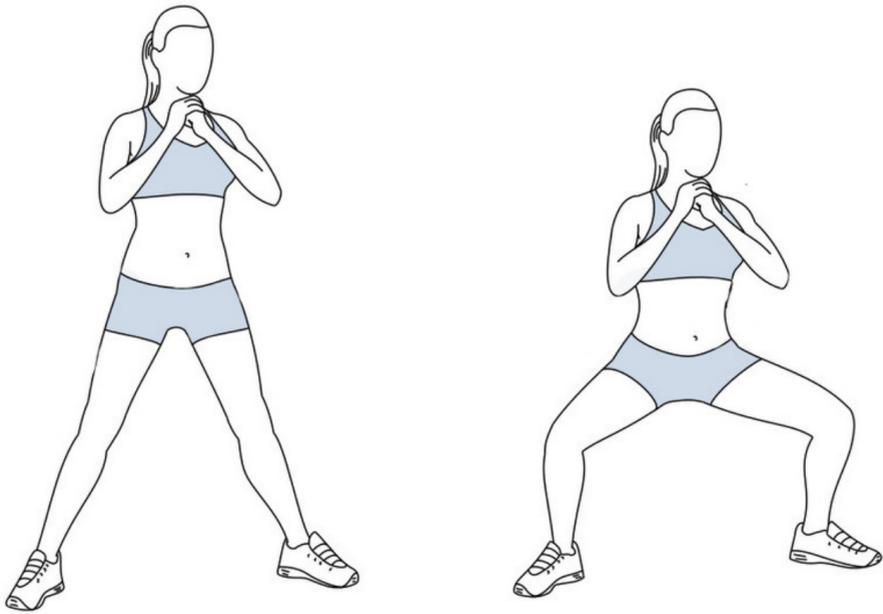


If you don't have a  
jumprope  
imagine you do!!!

# WEEK 2 VISUAL GUIDE

Do this workout for 5 days this week

## Plie Squat

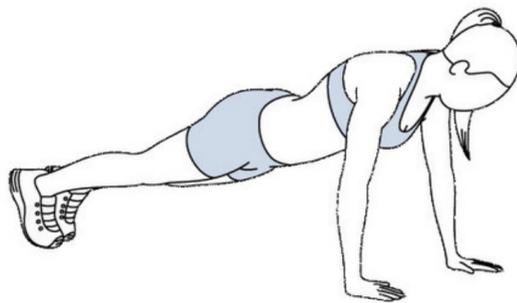


Turn toes out and take a wide stance. Squat down as low as you can. As you stand squeeze your booty and stand, Try to lean back and press into your heels. Do not allow your torso to come forward. Modify and do a regular squat  
\*Intensify and hold dumbbells at your shoulders

Bring your shoulders over your wrists and lower yourself to the floor push back to start.

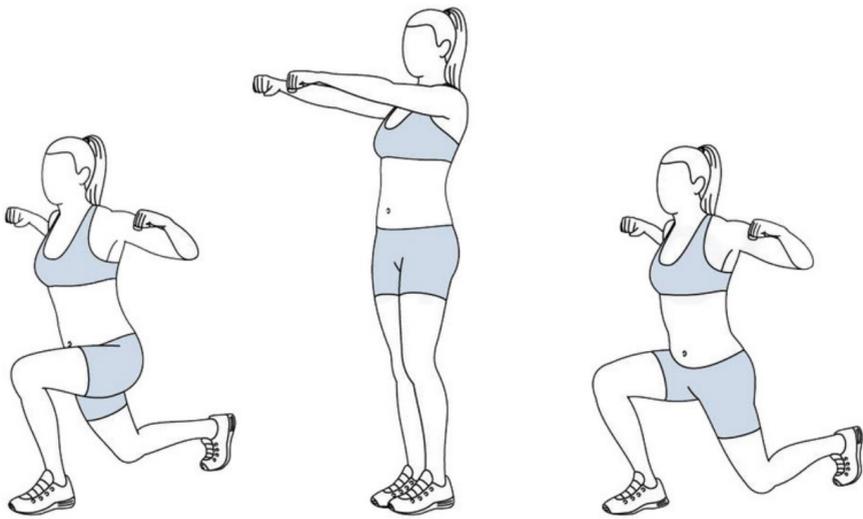
\*Modify on your knees \*Intensify by elevating your feet on a couch or raised surface

## Pushup



# WEEK 2 VISUAL GUIDE

## Punch Lunges

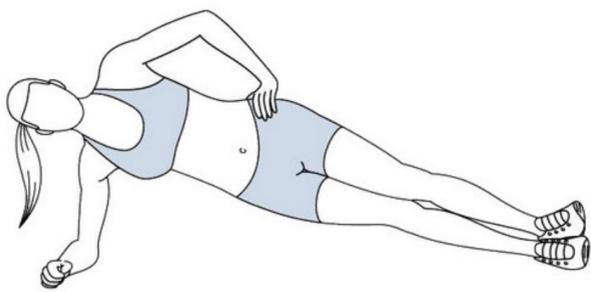


Start standing with arms extended at shoulder height. Lunge your R Leg behind you and bring your elbows back simultaneously. Return to start. Repeat on the L leg. This is one rep.

\*Modify and let your arms stay at your sides.

\*Intensify and hold light dumbbells.

## Side plank Hold



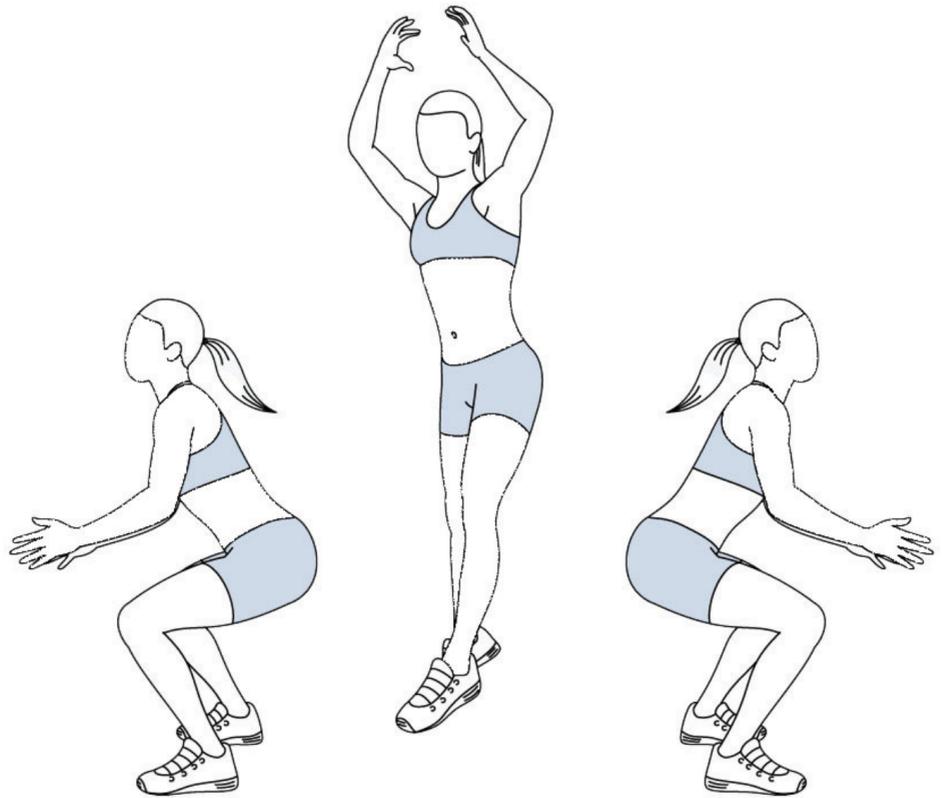
Place right shoulder over elbow and stack hips and legs. Hold for at least 10 seconds, Repeat on the other side. This is one rep.

\*Modify and come to your knees \*Intensify by Lifting the top leg and holding it in the air.

# WEEK 2 VISUAL GUIDE

Squat down and explosively jump in the air and land facing the other direction. Repeat on the other side. This is one rep. \*Modify and do a regular squat \*Intensify and hold dumbbells

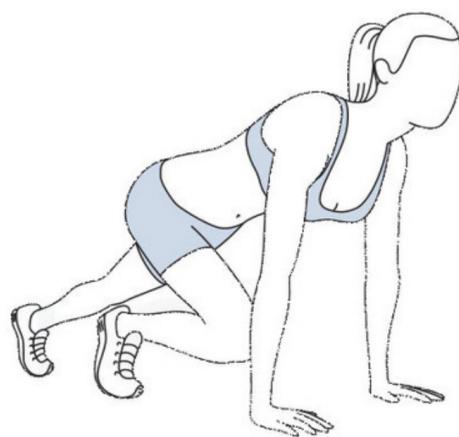
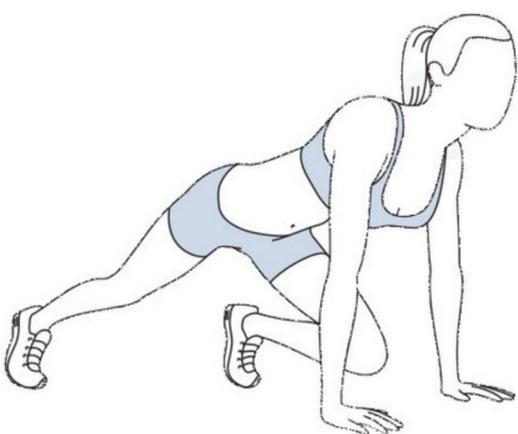
## 180 Jump Squat



## Mountain Climbers

\*Cardio Blast

\*Optional

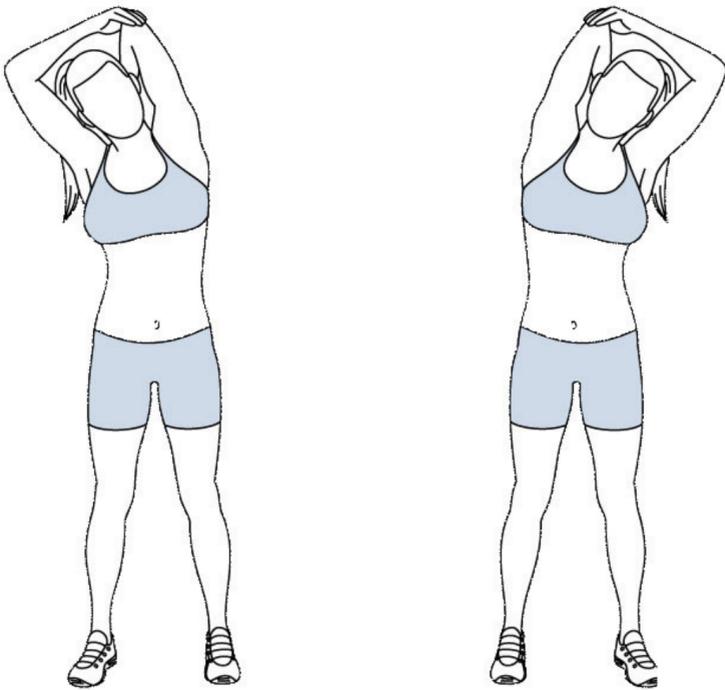


Start in a plank position on hands. Alternate knees as you jump them into chest as fast as you can \*Modify and pull knees to chest instead of jumping

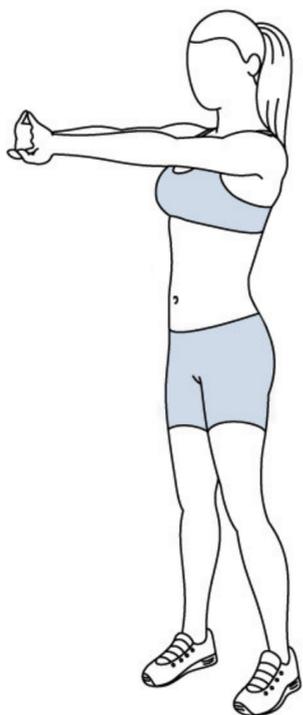
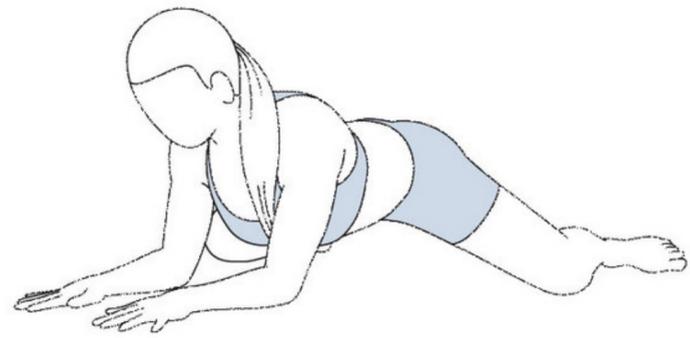
# COOL DOWN/STRETCH WEEK 2

Hold each stretch for 30-45 seconds on each side

## Tricep Stretch



## Frog Stretch



## Arm Stretch

Interlace fingers and stretch palms away from you.



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**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!**