

*2020 90 Day
Health & Fitness Challenge*

MONTH #1

MONDAY-UPPER BODY A

Renegade Row Push Ups	3 x 8-10
DB Incline Chest Press	3 x 8-10
DB Incline Bicep Curls	3 x 8-10
DB Seated Tricep Extension	3 x 8-10
Arnold Press	3 x 8-10

TUESDAY-LOWER BODY A

Barbell Squats	3 x 8-10
Straight Leg Deadlift	3 x 8-10
DB Step Ups	3 x 8-10
Seated Calf Raise machine	3 x 8-10
Abs- Hanging Leg Raise	3 x 8-10
DB or Plate Side Bend	3 x 8-10

THURSDAY-UPPER BODY B

DB Flat Bench Chest Press	3 x 8-10
Pull-ups (assisted)	3 x 8-10
Tricep Cable Pushdown	3 x 8-10
Barbell Preacher Curls	3 x 8-10
Bent Arm Shoulder Raise	3 x 8-10

FRIDAY-LOWER BODY B

Barbell Hip Thrust	3 x 8-10
Leg Press	3 x 8-10
Calf Press	3 x 8-10
DB Walking Lunges	3 x 8-10
Leg Curls	3 x 8-10
Abs-DB Russian Twist	3 x 45 sec
Barbell Abs Rollout	3 x 45 sec

CARDIO & NOTES

Aim for 30 minutes of cardio 3 x a week. Can be any form- treadmill, elliptical, row machine, bike, swimming, outdoor running or hiking, etc.

Each week the goal is to increase in weight or reps.

If possible try to add weight to most of the ab exercises. The abdominal muscles are just like any other muscle and need greater resistance to really grow stronger.

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MONTH #2

MONDAY-UPPER BODY A

Push-ups with plate on back	3 x 8-10
Seated Cable Row	3 x 8-10
Skull Crushers	3 x 8-10
Curl Bar Bicep Curl 21s	3 x 8-10
DB or plate Front Shoulder Raise	3 x 8-10

THURSDAY-UPPER BODY B

Incline Chest Fly	3 x 8-10
Lateral Pull Down	3 x 8-10
Underhand Tricep Cable	
Pull Down	3 x 8-10
Cable Rope Hammer Curls	3 x 8-10
Around The World	3 x 8-10

TUESDAY-LOWER BODY A

Smith Machine	
Bulgarian Split Squats	3 x 8-10
SM Calf Raise	3 x 8-10
Decline Reverse Lunge	3 x 8-10
Trap Bar Deadlift	3 x 8-10
Abs- DB Negative*	3 x 45 sec
Decline Crunch	
Roman Chair Leg Raise	3 x 45 sec

FRIDAY-LOWER BODY B

DB Single leg	
Romanian Deadlift	3 x 8-10
Goblet Squat	3 x 8-10
Leg Extension Drop Set*	3 x to failure
DB SL Calf Raise	3 x 8-10
Abs- DB Flutter Kicks	3 x 45 sec
Medicine Ball Crunches	3 x 45 sec

CARDIO & NOTES

Aim for 30 minutes of cardio 3 x a week. Can be any form- treadmill, elliptical, row machine, bike, swimming, outdoor running or hiking, etc.

*Negative- Take it slower on the way down, 4 count down/2 count up

*Drop set- Start with a moderately heavy weight and go to failure, then immediately drop the weight two additional times going to failure each time = 1 set

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MONTH #3

MONDAY-UPPER BODY A

Chest Dips (machine)	3 x 6-8
Barbell Bent Over Row	3 x 6-8
Tricep Kickbacks	3 x 6-8
Negative Bicep Curl w/Curl Bar	3 x 6-8
Military Press	3 x 6-8

TUESDAY-LOWER BODY A

Squat machine Squats	3 x 6-8
DB Single leg	
Romanian deadlift	3 x 6-8
Glute Kickback machine	3 x 6-8
Seated Calf Raise	3 x 6-8
Abs-DB Scissor Kicks	3 x 45 sec
Plank w/Side Arm Raise	3 x 8-10 per arm

THURSDAY-UPPER BODY B

Cable Chest Crossover	3 x 6-8
DB Row	3 x 6-8
Lying Tricep Extension	3 x 6-8
DB Preacher Curls	3 x 6-8
DB Side Lateral Raise	3 x 6-8

FRIDAY-LOWER BODY B

Pendulum Lunges	3 x 6-8
Leg Press Drop Set	3 x 6-8
Standing Calf Raise	3 x 6-8
Sumo Deadlift	3 x 6-8
Abs- Swiss Ball	
Pike to Plank	3 x 10-12
Swiss Ball	
Weighted Crunch	3 x 10-12

CARDIO & NOTES

Aim for 30 minutes of cardio 3 x a week. Can be any form- treadmill, elliptical, row machine, bike, swimming, outdoor running or hiking, etc.

This month we're focusing on really upping that weight for muscle growth (hence the lower rep range).