#LLFquickstart Challenge workouts from Laceylivefit

**Ground rules:**

* You must complete 10 workouts over 14 days (Jan 8th – Jan 22nd)
* In order for them to “count,” you have to share each of the 10 workouts on Instagram:

- Follow @laceylivefit on Instagram

- Post your workout (can be the actual workout or a sweaty selfie or quote or anything that relates to the workout, your choice!)

- Use the hashtags #LLFquickstart and then the corresponding workout day, for example #LLFQuickstart #Day1 if this is your first workout of the challenge. You will hashtag posts all the way up to #Day10

- Tell me your time you completed (more below), the goal being to beat your time next time, also tell me what weight(s) you used

* You can mix and match any of these workouts below. You don’t have to do them all, just do the ones you want! There’s no order you have to go in.

Everyone who completes all 10 workouts in the challenge will get placed into a raffle for prizes, and I will also be awarding some of my favorite sharers, too!

If you have any questions about how to share or how the challenge works, email me laceylivefit@gmail.com any time

**Terms to Know:**

* **FT** = For time: Meaning, do the workout as quickly—staying safe—as you can and record your time. Remember safety is the number one priority. Proper form over everything
* **RBT** = Rest-based Training: Metabolic Effect’s training brainchild. This means you rest as much as you need to as often as you need to, even if it’s between reps or sets, listen to your body and keep the workout safe – there is no structured downtime given in these workouts, which means it’s up to you to take it when you need it!

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**The Workouts**

**“Burpee Squat hold Challenge”**

Equipment: none

Warm-up- 25 Jumping Jacks, 25 Bodyweight Squats & 25 crunches (repeat for 2 total rounds)

Burpee with 1 second squat hold increasing the hold by 1 second each burpee up to 15 second hold then decrease by 1 second each burpee down to 1

For example.. on the 5th burpee you will hold the squat for 5 seconds

Record your time and share on Instagram along with your daily photo

**“Upper Body Burnout”**

Equipment: one set of light weight dumbbells

Warm-up- 25 Jumping Jacks, 25 Bodyweight Squats & 25 crunches (repeat for 2 total rounds)

5-exercise circuit: 10 reps each for 5 total rounds

Tricep dips

Commandos

Walk out plank

Bicep curls (10 reps each arm)

Superman

Record your time and share on Instagram along with your daily photo

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**“Pyramid Scheme”**

Equipment: none

Warm-up- 25 Jumping Jacks, 25 Bodyweight Squats & 25 crunches (repeat for 2 total rounds)

5-exercise circuit:

50 Jump squats

40 second wall sit

30 Push-ups

20 Crunches (20 each side)

10 Burpees

10 Burpees

20 crunches (20 each side)

30 Push-ups

40 second wall sit

50 Jump squats

Start with 50 Jump squats and decrease by 10 reps each exercise then go back up the “pyramid” increasing by 10 reps back up to the 50 Jump squats. (So you’ll do each exercise twice)

Record your time and share on Instagram along with your daily photo

**“Cardio Killer”**

Equipment: Cardio of your choice (treadmill, elliptical, stairmaster, row machine, Track)

Warm-up- 25 Jumping Jacks, 25 Bodyweight Squats & 25 crunches (repeat for 2 total rounds)

1 round=

1 minute cardio of choice

10 Bicycle crunches (10 each side)

10 180 jumps

10 Push-ups

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5 rounds total increasing the bicycle crunches, 180 jumps, and push-ups by 5 reps each round.

Record how long it takes you to complete 5 total rounds and share on Instagram with your daily photo

**“Legs for Days”**

Equipment: one set of light to moderate weight dumbbells

Warm-up- 25 Jumping Jacks, 25 Bodyweight Squats & 25 crunches (repeat for 2 total rounds)

5-exercise circuit: 12 reps each exercise for 4 rounds

Static Lunges (12 each leg)

Squats

Cross Lunges (12 each leg)

Kickbacks- no weight (12 each leg)

Side Lunges – no weight (12 each leg)

Record how long it takes you to complete 4 total rounds and share on Instagram with your daily photo

**“Total Bodyburner”**

Equipment: one set of light to moderate weight dumbbells

Warmup- 25 Jumping Jacks, 25 Bodyweight Squats & 25 crunches (repeat for 2 total rounds)

4-exercise circuit: 7 reps each exercise for 7 rounds

Arnold Press

Skater Jumps (7 each leg)

Plank- 70 seconds

Squat with calf raise

Record how long it takes you to complete 4 total rounds and share on Instagram with your daily photo Copyright Laceylivefit 2018