

grUnt style

this we'll defend

Grunt Style & Mamavation

2 Week Challenge Workout

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Puke Me Please	Sore Winner	Paralyzed	Rest! You'll Need it.	Sweat Monster	Sore Winner	Paralyzed

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Puke Me Please	Sweat Monster	Sore Winner	Rest! You'll Need it.	AM: Sweat Monster PM: Puke Me Please	AM: Sweat Monster PM: Paralyzed	AM: Sweat Monster PM: Sore Winner

Name: _____

Starting Weight: _____ Waist: _____ Hips: _____ Thigh: _____

Ending Weight: _____ Waist: _____ Hips: _____ Thigh: _____

Notes: If you need to rest during exercise, then catch your breath. Your goal is to continue exercises consecutively with as little break as possible. Be safe.

Grunt Style - Sweat Monster

Jog in place with knees coming above your waist for 2 minutes.

15 Burpes

15 Mountain Climbers

15 Jump Lunges

15 Burpes

15 Squat Jumps

15 Mountain Climbers

15 Jump Lunges

15 Burpes

15 Squat Jumps

15 Mountain Climbers

15 Jump Lunges

15 Burpes

15 Squat Jumps

Report Time: _____

You need to know how to do:

Burpes:

http://www.youtube.com/watch?v=c_Dq_NCzj8M

Mountain Climbers:

http://www.youtube.com/watch?v=MisA_CPV7tA

Jump Lunges:

http://www.youtube.com/watch?v=_zLTDUFjbXA

Squat Jumps:

http://www.youtube.com/watch?v=LjY15jL_avs

Paralyzed

15 Squat Jumps

15 Lunges left leg

15 Lunges Right Leg

15 Air Squats

15 Squat Jumps

15 Air Squats

25 Air Squats

35 Air Squats

45 Air Squats

35 Air Squats

25 Air Squats

15 Air Squats

15 Lunges Left Leg

15 Lunges Right Leg

15 Squat Jumps

Report Time: _____

You need to know how to do:

Jump Lunges:

http://www.youtube.com/watch?v=_zLTDUFjbXA

Squat Jumps:

http://www.youtube.com/watch?v=LjY15jL_avs

Lunges left leg/right leg:

<http://www.youtube.com/watch?v=cfb-W5VFcns>

Air Squats:

<http://www.youtube.com/watch?v=LYdhFim2YBk>

Sore Winner

5 Pushups

10 Pushups

15 Pushups

20 Pushups

5 Situps

10 Situps

15 Situps

20 Situps

15 Situps

50 Lateral Raises with arms (no weights)

15 V-ups

15 Pushups

15 Leg Lifts

15 Pushups

50 Lateral Raises with arms (no weights)

15 Situps

Report Time: _____

You need to know how to do:

Pushups:

<http://www.youtube.com/watch?v=PouVQ65LjOs>

[PouVQ65LjOs](http://www.youtube.com/watch?v=PouVQ65LjOs)

Situps:

<http://www.youtube.com/watch?v=q4tWdtD4jqI>

[q4tWdtD4jqI](http://www.youtube.com/watch?v=q4tWdtD4jqI)

Lateral Raises:

http://www.youtube.com/watch?v=ASNNE44n_Zk

[ASNNE44n_Zk](http://www.youtube.com/watch?v=ASNNE44n_Zk)

V-Ups:

http://www.youtube.com/watch?v=ASNNE44n_Zk

Puke me Please

15 Pushups

15 double handed water jug raise

15 Jump Squats

15 Leg Lifts

15 Pushups

15 double handed water jug raise

15 Squat Jumps

15 Leg Lifts

15 Pushups

15 double handed water jug raise

15 Squat Jumps

15 Leg Lifts

15 Pushups

15 double handed water jug raise

15 Squat Jumps

15 Leg Lifts

15 Pushups

15 double handed water jug raise

15 Squat Jumps

15 Leg Lifts

Report Time: _____

You need to know how to do:

Pushups:

<http://www.youtube.com/watch?v=PouVQ65LjOs>

Double Handed Water Jug raise

(milk jug or weights)

<http://www.youtube.com/watch?v=g5YYQU1h2XQ>

Leg Lifts:

<http://www.youtube.com/watch?v=l-mPHKQFMkk>

Squat Jumps:

<http://www.youtube.com/watch?v=LjY15jL avs>