

# 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
<b>Puke Me Please</b>	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
<b>Puke Me Please</b>	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.

25 Burpes

25 Mountain Climbers

25 Jump Lunges

25 Burpes

25 Squat Jumps

25 Mountain Climbers

25 Jump Lunges

25 Burpes

25 Squat Jumps

25 Mountain Climbers

25 Jump Lunges

25 Burpes

25 Squat Jumps

Report Time: \_\_\_\_\_

## You need to know how to do:

Burpes:

[http://www.youtube.com/watch?v=c\\_Dq\\_NCzj8M](http://www.youtube.com/watch?v=c_Dq_NCzj8M)

Mountain Climbers:

[http://www.youtube.com/watch?v=MisA\\_CPV7tA](http://www.youtube.com/watch?v=MisA_CPV7tA)

Jump Lunges:

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

Squat Jumps:

[http://www.youtube.com/watch?v=LjY25jL\\_avs](http://www.youtube.com/watch?v=LjY25jL_avs)

## Paralyzed

25 Squat Jumps

25 Lunges left leg

25 Lunges Right Leg

25 Air Squats

25 Squat Jumps

25 Air Squats

25 Air Squats

35 Air Squats

45 Air Squats

35 Air Squats

25 Air Squats

25 Air Squats

25 Lunges Left Leg

25 Lunges Right Leg

25 Squat Jumps

Report Time: \_\_\_\_\_

## You need to know how to do:

Jump Lunges:

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

Squat Jumps:

[http://www.youtube.com/watch?v=LjY25jL\\_avs](http://www.youtube.com/watch?v=LjY25jL_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

25 Pushups

20 Pushups

15 Situps

20 Situps

30 Situps

20 Situps

15 Situps

50 Lateral Raises with arms (no weights)

25 V-ups

25 Pushups

25 Leg Lifts

25 Pushups

50 Lateral Raises with arms (no weights)

25 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](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=>

## Puke me Please

25 Pushups

25 double handed water jug raise

25 Jump Squats

25 Leg Lifts

25 Pushups

25 double handed water jug raise

25 Squat Jumps

25 Leg Lifts

25 Pushups

25 double handed water jug raise

25 Squat Jumps

25 Leg Lifts

25 Pushups

25 double handed water jug raise

25 Squat Jumps

25 Leg Lifts

25 Pushups

25 double handed water jug raise

25 Squat Jumps

25 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=LjY25jL\\_avs](http://www.youtube.com/watch?v=LjY25jL_avs)