

Trouble Zone Solution

Week One

Monday

Day 1 Plank Challenge: Forearm Plank (Low Plank)

Place elbows directly beneath your shoulders, legs extended.

Press through your heels so calves are lengthened. Draw your navel toward your spine and engage your glutes.

Hold for 45 seconds; do three sets.

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Love Your Booty Workout (Video)

Tuesday

Day 2 Plank Challenge: Forearm Side Plank

Start in basic low plank.

Make fists with both hands and rotate your right fist into your left elbow to transition into a right side plank.

Extend your left arm to the ceiling.

Hold the right side plank for 45 seconds then pass through basic plank and rotate your left fist into your right elbow to transition into a left side plank.

Hold a left side plank for 45 seconds; do three sets (one set constitutes both sides).

Form Tip: Remember to keep your glutes engaged and navel toward your spine. Drive your hips toward the ceiling and stack your feet to keep your hips square

+ LISS Cardio

Wednesday

Day 3 Plank Challenge: Extended Arm Plank (High Plank)

Place your wrists directly under your shoulders, using the same form tips as a low plank.

Hold for 45 seconds; do three sets.

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Love Your Cardio & Core Workout (Video)

THURSDAY

Day 4 Plank Challenge: High Side Plank

- Start in basic high plank.
- Walk your right hand to the midline of your body and roll onto the outside edge of your right foot.
- Stack your feet, drive your hips to the ceiling and extend your left arm to the ceiling.
- Hold for 45 seconds, then pass through basic high plank and repeat of the left side.
- Do three sets (one set constitutes both sides).

FRIDAY

Day 5 Plank Challenge: Low Plank with Knee Taps

- Assume low plank position.
- Alternate knee taps to the floor, focusing more on your low abdomen.
- Continue alternating for 45 seconds; do three sets.

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Sweaty To The Core Workout

SATURDAY

Day 6 Plank Challenge: High Plank Shoulder Taps

- Assume a high plank position.
- Keeping your hips square, working hard not to let them sway side to side, lift your right hand to tap your left shoulder, then your left hand to tap your right shoulder.
- Continue alternating for 45 seconds; do three sets.

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Love Your Arms Workout (Video)

SUNDAY

Day 7 Plank Challenge: Plank Up-Downs

- Start in a low plank.
- Maintaining square hips, place your right hand under your right shoulder, then left hand under your left shoulder, then proceed to lower back down to your right elbow, then your left elbow.
- Continue alternating the hand you come up with first for 60 seconds.

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Perfect 10 Abs Challenge

Complete each exercise in the following circuit for 10 repetitions. Taking a 10sec or less rest before moving on to the next exercise. Repeat this complete Circuit of ten exercises two to three times.

See Saw Plank

Crunch w/ Bridge

Cracker Jacks

Ski Jumps

Plank Hip Drops

Leg Heart Circles

Squat Ball Toss

Side Plank Knee To Elbow

Bicycle Crunchs

Rock & Roll To Stand

Trouble Zone Solution

Week Two

MONDAY

Day 8 Plank Challenge: Nail the Basics

- Start in a forearm plank.
- Do two knee taps, one with each knee.
 - Transition to a high plank.
- Tap each hand to its opposite shoulder.
 - Return to forearm plank.
- Repeat for 45 seconds; do three sets.

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Love Your Booty Workout (Video)

TUESDAY

Day 16 Plank Challenge: Crouching Panther Plank

- Place your wrists under your shoulders and your knees under your hips.
 - Maintaining a flat back, lift your knees two inches off the ground.
- Hold this position hovering off the floor for 75 seconds; do three sets.

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LISS Cardio

WEDNESDAY

Day 10 Plank Challenge: Low Plank with Hip Drops

Start in a low plank.

Rotate your hips to the right as you dip them about three inches from the ground, then rotate them to the left and dip.

Alternate for 45 seconds; do three sets.

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Love Your Cardio & Core Workout (Video)

THURSDAY

Day 11 Plank Challenge: Plank Jacks

Start in high plank.

Hop your feet out wider than hip-width without allowing your butt to pop up above the height of your shoulders, then quickly hop your feet back to hip-width.

Continue for 60 seconds; do three sets.

FRIDAY

Day 12 Plank Challenge: Low Side Plank with Hip Dips

Assume low plank position and transition into a right side plank.

Drive your hips toward the ceiling, then dip your right hip toward the floor, then back to the start position. You should feel this strongly in your right side oblique.

Continue for 30 seconds, then repeat on the left side; do three sets.

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Sweaty To The Core Workout

SATURDAY

Day 13 Plank Challenge: High Plank Knee to Opposite Elbow

Assume a high plank position.

Bring your right knee to your left elbow, hold for three seconds, then bring your left knee to your right elbow and hold for three seconds.

Keep alternating in this manner for 60 seconds; do three sets.

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Love Your Arms Workout (Video)

SUNDAY

Day 14 Plank Challenge: High Side Plank/Hip Dip/Leg Lift

Assume a high right side plank.

Dip your right hip down about 10 inches, lift back up to a right side plank position and lift your left leg off your right with control.

Continue in this manner for 45 seconds, then repeat on the left side.

Do three sets.

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Perfect 10 Abs Challenge

Complete each exercise in the following circuit for 10 repetitions. Taking a 10sec or less rest before moving on to the next exercise. Repeat this complete Circuit of ten exercises two to three times.

See Saw Plank

Crunch w/ Bridge

Cracker Jacks

Ski Jumps

Plank Hip Drops

Leg Heart Circles

Squat Ball Toss

Side Plank Knee To Elbow

Bicycle Crunchs

Rock & Roll To Stand

Trouble Zone Solution

Week Three

MONDAY

Day One - Tricep Challenge

SUPER SET:

Exercise A) Incline Narrow Push-ups (5 reps)

Exercise B) Bench / Chair Dips (5 reps)

Repeat 2x.

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At-Home Upper Body Workout (Video)

TUESDAY

Day Two - Tricep Challenge

SUPER SET:

Exercise A) Incline Narrow Push-ups (10 reps)

Exercise B) Bench / Chair Dips (10 reps)

Repeat 2x.

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HIIT Cardio

WEDNESDAY

Day Three - Tricep Challenge

SUPER SET:

Exercise A) Incline Narrow Push-ups (15 reps)

Exercise B) Bench / Chair Dips (15 reps)

Repeat 2x.

+

Lean & Toned Leg Workout

THURSDAY

Day Four - Tricep Challenge

SUPER SET:

Exercise A) Incline Narrow Push-ups (20 reps)

Exercise B) Bench / Chair Dips (20 reps)

Repeat 2x.

+

Tight & Toned Arms Workout (Video)

FRIDAY

Day Five- Tricep Challenge

SUPER SET:

Exercise A) Incline Narrow Push-ups (25 reps)

Exercise B) Bench / Chair Dips (25 reps)

Repeat 2x.

SATURDAY

Day Six - Tricep Challenge

SUPER SET:

Exercise A) Incline Narrow Push-ups (30reps)

Exercise B) Bench / Chair Dips (30 reps)

Repeat 2x.

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HIIT Cardio

SUNDAY

Tricep Challenge

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Perfect 10 Arm Challenge

Complete each exercise in the following circuit for 10 repetitions. Taking a 10sec or less rest before moving on to the next exercise. Repeat this complete Circuit of ten exercises two to three times.

Push-ups

Seated DB Shoulder Press

Tricep Dips

DB Lateral / Chest Fly / Overhead Raise

Plank Push-ups

Rotating Curls

Bridge Skull Crusher

DB Renegade Rows

Body Weight Tricep Extensions

DB Row & Kick Back

Trouble Zone Solution

Week Four

MONDAY

Tricep Challenge Day 8

Super Set:

Exercise A) Body Weight Tricep Extensions (15 reps)
Exercise B) Chair Dips (25 reps)
REPEAT 3x

+

At-Home Upper Body Workout (Video)

TUESDAY

Tricep Challenge Day 9

Super Set:

Exercise A) Body Weight Tricep Extensions (20 reps)

Exercise B) Chair Dips (30 reps)
REPEAT 3x

+

LISS Cardio

WEDNESDAY

Tricep Challenge Day 10

Super Set:

Exercise A) Body Weight Tricep Extensions (25 reps)
=> <https://www.youtube.com/watch?v=W0cL2lzhEic>

Exercise B) Chair Dips (35 reps)
=> <https://www.youtube.com/watch?v=MpV2EOTPub0>

REPEAT 3x

+

Lean & Toned Legs

THURSDAY

Tricep Challenge Day 11

Super Set:

Exercise A) Body Weight Tricep Extensions (30 reps)
Exercise B) Chair Dips (40 reps)
REPEAT 3x

+

Tight & Toned Arms Workout (Video)

FRIDAY

Tricep Challenge Day 12

Super Set:

Exercise A) Body Weight Tricep Extensions (35 reps)
Exercise B) Chair Dips (45 reps)
REPEAT 2x

SATURDAY

Tricep Challenge Day 13

Super Set:

Exercise A) Body Weight Tricep Extensions (40 reps)
Exercise B) Chair Dips (50 reps)
REPEAT 2x

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LISS Cardio

SUNDAY

Tricep Challenge

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Perfect 10 Arm Challenge

Complete each exercise in the following circuit for 10 repetitions. Taking a 10sec or less rest before moving on to the next exercise. Repeat this complete Circuit of ten exercises two to three times.

Push-ups

Seated DB Shoulder Press

Tricep Dips

DB Lateral / Chest Fly / Overhead Raise

Plank Push-ups

Rotating Curls

Bridge Skull Crusher

DB Renegade Rows

Body Weight Tricep Extensions

DB Row & Kick Back

Trouble Zone Solution

Week Five

MONDAY

14-Day Booty Challenge - Day One

10 Side-to-Side Lunges (5 per side)
10 Reverse Lunge w Front Kick (5 per side)
10 Curtsy Lunge (5 per side)
10 Glute Bridges
10 Squat Jumps

REPEAT 1x

+

LISS Cardio

TUESDAY

14-Day Booty Challenge - Day Two

20 Side-to-Side Lunges (10 per side)
20 Reverse Lunge w Front Kick (10 per side)
20 Curtsy Lunge (10 per side)
20 Glute Bridges
20 Squat Jumps

REPEAT 1x

WEDNESDAY

14-Day Booty Challenge - Day Three

30 Side-to-Side Lunges (15 per side)
30 Reverse Lunge w Front Kick (15 per side)
30 Curtsy Lunge (15 per side)
30 Glute Bridges
30 Squat Jumps

REPEAT 1x

THURSDAY

14-Day Booty Challenge - Day Four

20 Side-to-Side Lunges (10 per side)
20 Reverse Lunge w Front Kick (10 per side)
20 Curtsy Lunge (10 per side)
20 Glute Bridges
20 Squat Jumps

REPEAT 2x

+

No Equipment Butt & Thigh Workout (Video)

FRIDAY

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Toned Tummy Workout (Video)

SATURDAY

14-Day Booty Challenge - Day Six

20 Stability Ball Wall Squats
20 Stability Ball Hamstring Curls
20 Stability Ball Glute Bridge Raises
20 Stability Ball Side Lunge (10 per side)
20 Stability Ball Bulgarian Squat (10 per side)

REPEAT 2x

+

LISS CARDIO

SUNDAY

Booty Challenge

+

Perfect 10 Butt & Thigh Challenge

Complete each exercise in the following circuit for 10 repetitions. Taking a 10sec or less rest before moving on to the next exercise. Repeat this complete Circuit of ten exercises two to three times.

Chair Toe Squats

Lunge Jumps

DB Sumo Squats

Alternating Plank Glute Raises

180 Degree Squat Jumps

Single Leg Dead Lifts

DB Swings

DB Reverse Lunge Figure 8's

Alternating Crab Ups

Side Plank Glute Raise (foot behind)

Trouble Zone Solution

Week Six

MONDAY

14-Day Booty Challenge - Day 8

10 Side To Side Static Lunges (per side)

10 Bulgarian Split Squats (per leg)

10 Curtsy Lunge with a Squat

10 Side Step-ups (per leg)

10 Walking Lunges (per leg)

REPEAT 2x

+

HIIT Cardio

TUESDAY

14-Day Booty Challenge - Day 9

- 20 Side To Side Static Lunges (per side)
- 20 Bulgarian Split Squats (per leg)
- 20 Curtsy Lunge with a Squat
- 20 Side Step-ups (per leg)
- 20 Walking Lunges (per leg)

REPEAT 2x

+

Upper Body Strength Workout

WEDNESDAY

14-Day Booty Challenge - Day 10

- 10 Explosive Jumps
- 10 Forward & Reverse Lunges (5 per side)

- 10 Sumo Squat Knee to Elbow
- 10 Lunge w Pulse (5 per side)

- 10 Speed Skaters
- 10 Sumo Squat w/ Calf Raises

REPEAT 1x

THURSDAY

14-Day Booty Challenge - Day 11

10 Explosive Jumps
10 Forward & Reverse Lunges (5 per side)
10 Sumo Squat Knee to Elbow
10 Lunge w Pulse (5 per side)
10 Speed Skaters
10 Sumo Squat w/ Calf Raises

REPEAT 2x

+

No Equipment Butt & Thigh Workout

FRIDAY

14-Day Booty Challenge - Day 12

20 Air Squat
20 sec Wall Sit

REPEAT 4x

Proceed to complete a 5 Minute Incline Glute Walk on Treadmill (Incline if 12, Speed of 3.2; do not hold on)

Go back a complete 4 rounds of the Air Squats & Wall Sit. Then complete another 5 Minute Incline Glute Walk on Treadmill.

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Toned Tummy Workout (Video)

SATURDAY

14-Day Booty Challenge - Day 13

20 DB Swings
20 DB Walking Lunges (10 reps per leg)

REPEAT 4x

Proceed to complete a 5 Minute Incline Glute Walk on Treadmill (Incline if 12, Speed of 3.2; do not hold on)

Go back a complete 4 rounds of the Air Squats & Wall Sit. Then complete another 5 Minute Incline Glute Walk on Treadmill.

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HIIT Cardio

SUNDAY

Booty Challenge

+

Perfect 10 Total Body Challenge

Complete each exercise in the following circuit for 10 repetitions. Taking a 10sec or less rest before moving on to the next exercise. Repeat this complete Circuit of ten exercises two to three times.

Dumbbell Squat & Press

Dumbbell Lunge + Bicep Curl

Push-ups

Cracker Jacks

Dumbbell Reverse Lunge + Front Raise

Dumbbell Chest Fly + Leg Raises

Dumbbell Pike Step to Stand

V Sit Figure 8's

Alternating 1-Arm Dumbbell Swings

Shootn' Hoops

