

# FITCHICK Challenge

# MONTH 1 WORKOUTS

Day 1 -28



### EQUIPMENT NEEDED THIS MONTH:

- Dumbbells
- Flat Bench
- Step / Stairs
- Resistance Band
- Mat

### OPTIONAL IF YOU HAVE ACCESS:

- Cardio machines (treadmill, bike, stair climber, rowing machine, etc)

### Remember:

1. **Practice form.** If these exercises are new to you, practice without the weights first to make sure you have the form down for safety and effectiveness (see video exercises library. Once you have it down, then add the weight and be ready to rock!
2. **Perform a Warm Up!** Before all workouts perform a thorough warm that includes 5-10 minutes of light cardio & dynamic stretches to prepare for your workout & prevent injury
3. **Lift heavy!** You select the weight for each exercise. Don't be afraid of the heavy weights. You will not get bulky. You want to be challenging yourself with the heaviest weight possible. If the last 2 reps are easy and you can still do more, it is time to increase the weight!
4. **Gym or at home?** No problem – while you can do these exercises at the gym or at home. While at the gym you will have more access to heavier weights, don't let not having a gym deter you as you can do all of these exercises at home with the right equipment

<b>1</b> Quads, chest, and triceps	<b>2</b> 20 Min Cardio of Choice + Abs	<b>3</b> Hamstrings, Back & Biceps	<b>4</b> Rest & Walk	<b>5</b> Shoulders & Glutes	<b>6</b> FIT CHICKS Fierce in 8 HIIT workout - Totally Tabatas	<b>7</b> Rest & Chick Challenge Check In via FB Live at 2pm EST
<b>8</b> Quads, chest, and triceps	<b>9</b> 25 Min Cardio of Choice + Abs	<b>10</b> Hamstrings, Back & Biceps	<b>11</b> Rest & Walk	<b>12</b> Shoulders & Glutes	<b>13</b> FIT CHICKS Fierce in 8 HIIT workout - Tabatas with a Twist	<b>14</b> Rest & Chick Challenge Check In via FB Live at 2pm EST
<b>15</b> Quads, chest, and triceps	<b>16</b> 30 Min Cardio of Choice + Abs	<b>17</b> Hamstrings, Back & Biceps	<b>18</b> Rest & Walk	<b>19</b> Shoulders & Glutes	<b>20</b> FIT CHICKS Fierce in 8 HIIT workout - Dirty 30 Boxing Babes	<b>21</b> Rest & Chick Challenge Check In via FB Live at 2pm EST
<b>22</b> Quads, chest, and triceps	<b>23</b> 35 Min Cardio of Choice + Abs	<b>24</b> Hamstrings, Back & Biceps	<b>25</b> Rest & Walk	<b>26</b> Shoulders & Glutes	<b>27</b> FIT CHICKS Fierce in 8 HIIT workout - Dirty 30	<b>28</b> Rest & Chick Challenge Check In via FB Live at 2pm EST



# FITCHICK Challenge

Month 1  
Day 1-2

## Day 1: Quads, chest, and triceps

EXERCISE	SETS	REPS
Bodyweight Squat	3	12-15
Narrow Stance Goblet Squat	3	10-12
Sumo Squat	3	10-12
Dumbbell Chest press	3	10-12
Dumbbell chest fly	3	12-15
Over head triceps extension	2	10-12
Triceps kick back	2	12-15

### FIT CHICKS HIIT Video Workout

- Metabolic Finishers to maximize fat burning during your strength sessions
- Chick Challenge Check In & Meeting on Day 7 at 2pm EST

**Finisher** – 2-minute AMRAP (As many rounds as possible)

Set your timer for 2 minutes and complete as many rounds of the 3 exercises below as possible. Count your rounds and track on your spreadsheet:

- 10 pop squats
- 10 push ups
- 10 burpees

## Day 2: 20 min of Cardio + Abs

Do 20 minutes of indoor or outdoor cardio of your choice including jogging, stairs, biking, skipping etc.

### Abs

Do each exercise in a circuit 2 times through with no rest in between. Total 2 min

EXERCISE	SETS	TIME
Plank	1	30 sec
Lower Leg Raises	1	30 sec
Russian Twists	1	30 sec



# FITCHICK Challenge

Month 1  
Day 3-4

## Day 3: Hamstrings, Back, and Biceps

EXERCISE	SETS	REPS
Deadlifts	3	10-12
One - Legged Deadlifts (per side)	3	12-15
Wide Row	3	10-12
Band pull apart	3	12-15
Standing Biceps curls	3	12-15
Seated Hammer curls	2	12-15
Plank with hip taps	3	30 seconds

**Finisher** – 2-minute AMRAP (As many rounds as possible)

Set your timer for 2 minutes and complete as many rounds of the 3 exercises below as possible. Count your rounds and track on your spreadsheet:

10 Alternating Dumbbell Swings (each arm)

10 Mountain Climbers

10 Reverse Push Ups

## Day 4: Rest & Walk

Take a day of rest but keep moving. Go for a 20min walk.



# FITCHICK Challenge

Month 1  
Day 5-7

## Day 5: Shoulders and Glutes

EXERCISE	SETS	REPS
Frog pumps (for glute activation)		50 reps
Glute bridge	3	10-12
Split Squat (per side)	3	12-15
Standing Shoulder Press	3	10-12
Lateral raise	2	12-15
Seated Reverse Fly	2	12-15
Stair calf raises	2	2 X 20

**Finisher** – 2-minute AMRAP (As many rounds as possible)

Set your timer for 2 minutes and complete as many rounds of the 3 exercises below as possible. Count your rounds and track on your spreadsheet:

10 Jump Lunges

10 Moving Side Squats

10 Bench Step Ups (per leg)

## Day 6: FIT CHICKS Video Workout

Complete the FIT CHICKS Fierce in 8 Workout - Totally Tabatas

## Day 7: Rest & Walk + FIT CHICKS Check In

Take a day of rest but keep moving. Go for a 20-30 min walk.

Weekly FIT CHICKS Meeting & Challenge Check In via Facebook Live at 2pm EST with your coach.