

# Body by MYOKORE: 30-Day Challenge

## WEEK 1

### Mon/Fri:

#### 30 min AM:

- Jumping Jacks (2x60); 60 second rest
- Jog 2.5 miles (must be 6-7.5 mph)
- Jumping Jacks (2x60); 60 second rest

#### 30 min PM:

- Jumping Jacks (1x60); Jump Rope (100 jumps)
- MYOKORE Movement Exercises
- Jump Rope (100 jumps); Jumping Jacks(1x60)

### Tues/Thurs:

#### 30 min AM:

- Jumping Jacks (2x60); 60 Second Rest
- Walk 3 mph-2min; Run 6mph-1min (24 mins total)
- Jumping Jacks (2x60); 60 second rest

#### 30 min PM:

- Jump Rope (3x100); 60 second rest
- MYOKORE Movement Exercises
- Jump Rope (3x100); 60 second rest

### Wednesday:

#### AM:

- Rest

#### 30 minute PM:

- Jumping Jacks (2x60); Burpees (3x10); 60 Second Rest
- MYOKORE Movement Exercises
- Burpees (3x10); Jumping Jacks (2x60); 60 Second Rest

### Saturday OR Sunday

Choose one of the Following:

- Bike 10 Miles
- Hike 5 Miles
- Power Yoga

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## WEEK 2

### Mon/Fri:

#### 30 min AM:

- Jumping Jacks (2x80); 60 Second Res
- Walk/Run- 3 mph-2min; 6.3mph-1min (24 mins total)- 5% Incline
- Jumping Jacks (2x80); 60 second rest

#### 30 min PM:

- Jump Rope (3x120); 60 second rest
- MYOKORE Movement Exercises
- Jump Rope (3x120); 60 second rest

### Tues/Thurs:

#### 30 min AM:

- Jumping Jacks (2x80); 60 second rest
- Jog 2.5 miles (must be 6.3-7.8 mph)- 2% Incline
- Jumping Jacks (2x80); 60 second rest

#### 30 min PM:

- Jumping Jacks (1x80); Jump Rope (120 jumps)
- MYOKORE Movement Exercises
- Jump Rope (120 jumps); Jumping Jacks(1x80)

### Wednesday:

#### AM:

- Rest

#### 30 minute PM:

- Jumping Jacks (2x80); Burpees (3x13); 60 Second Rest
- MYOKORE Movement Exercises
- Burpees (3x13); Jumping Jacks (2x80); 60 Second Rest

### Saturday OR Sunday

Choose one of the Following:

- Bike 10 Miles
- Hike 5 Miles
- Power Yoga

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## WEEK 3

### Mon/Fri:

#### 30 min AM:

- Jumping Jacks (2x85); 60 second rest
- Jog 2.5 miles (must be 6.5-8 mph)- 2% Incline
- Jumping Jacks (2x85); 60 second rest

#### 30 min PM:

- Jumping Jacks (1x85); Jump Rope (125 jumps); 60 Sec Rest
- MYOKORE Movement Exercises
- Jump Rope (125 jumps); Jumping Jacks(1x85); 60 Sec Rest

### Tues/Thurs:

#### 30 min AM:

- Jumping Jacks (2x85); 60 Second Rest
- Walk 3 mph-2min; Run 6.5 mph-1min (24 mins total)- 5% Incline
- Jumping Jacks (2x85); 60 second rest

#### 30 min PM:

- Jump Rope (3x85); 60 second rest
- MYOKORE Movement Exercises
- Jump Rope (3x125); 60 second rest

### Wednesday:

#### AM:

- Rest

#### 30 minute PM:

- Jumping Jacks (2x85); Burpees (3x15); 60 Second Rest
- MYOKORE Movement Exercises
- Burpees (3x15); Jumping Jacks (2x85); 60 Second Rest

### Saturday OR Sunday:

Choose one of the Following:

- Bike 10 Miles
- Hike 5 Miles
- Power Yoga

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### WEEK 4

#### Mon/Fri:

##### 30 min AM:

- Jumping Jacks (2x90); 60 Second Rest
- Walk 3 mph-2min; Run 6.3mph-1min (24 mins total)- 5% Incline
- Jumping Jacks (2x90); 60 second rest

##### 30 min PM:

- Jump Rope (3x130); 60 second rest
- MYOKORE Movement Exercises
- Jump Rope (3x130); 60 second rest

#### Tues/Thurs:

##### 30 min AM:

- Jumping Jacks (2x90); 60 second rest
- Jog 2.5 miles (must be 6.3-7.8 mph)- 2% Incline
- Jumping Jacks (2x90); 60 second rest

##### 30 min PM:

- Jumping Jacks (1x90); Jump Rope (130 jumps)
- MYOKORE Movement Exercises
- Jump Rope (130 jumps); Jumping Jacks(1x90)

#### Wednesday:

##### AM:

- Rest

##### 30 minute PM:

- Jumping Jacks (2x85); Burpees (3x18); 60 Second Rest
- MYOKORE Movement Exercises
- Burpees (3x18); Jumping Jacks (2x85); 60 Second Rest

## **Saturday OR Sunday**

Choose one of the Following:

- Bike 10 Miles
- Hike 5 Miles
- Power Yoga

## **MYOKORE Movement Exercises:**

### **Week 1**

#### **Mon/Fri:**

- Plank (3 x 30 sec.; 45 sec Rest)
- Mountain Climbers (3 x 20 sec.; 45 sec. rest)
- Knees to Chest (3 x 20; 45 sec. rest)
- Side Leg Swing (3 x 30; 45 sec. rest)

#### **Tues/Thurs:**

- Plank Walk (3 x 20 sec.; 45 sec. rest)
- Bicycle Knees to Chest (3 x 20; 45 sec. rest)
- Plank and Lower (3 x 12 sec.; 45 sec. rest)
- Pike (3 x 10; 45 sec. rest)

#### **Wed:**

- Roman Chair (3 x 16; 45 sec. rest)
- Body Saw (3x 8; 45 sec. rest)
- Side Leg Swing (3 x 30; 45 sec. rest)
- Roman Chair-Side Raise (3 x 16; 45 sec. rest; 8 each side)

## MYOKORE Movement Exercises:

### Week 2

#### Mon/Fri:

- Squat Jumps (3 x 24; 45 sec. rest)
- Single Leg Lunges (3 x 16; each leg; 30 sec. rest)
- Hip Raise- Bicycle (3 x 24; 30 sec. rest)
- Side Leg-Lunge (3 x 16; 45 sec. rest)
- Ice Skater (3 x 12 each leg; 30 sec. rest)
- Side Leg Swings (3 x 40; 45 sec. rest)

#### Tues/Thurs:

- Back Row (3 x 20; 45 sec. rest; lean at your appropriate angle)
- Push-ups (3 x 20; 45 sec. rest; lean at your appropriate angle)
- Seated Pull-ups/Pull-ups (3 x 12; 45 sec. rest)
- Seated Dips/Dips (3 x 12; 45 sec. rest)
- Back Fly-I, Y, T (3 x 12 (4-I, 4-Y, 4-T); 45 sec. rest)
- Tricep Press (3 x 16; 45 sec. rest)

#### Wed:

- Plank Walk (3 x 30 sec.; 45 sec. rest)
- Mountain Climbers (3 x 24; 45 sec. rest)
- Side Leg Swing (3 x 40; 45 sec. rest)
- Sprint in Place- 45 degree angle (3 x 30 sec.; 60 sec. rest)
- Knees to Chest- Plank (3 x 24; 45 sec. rest)
- Roman Chair (3 x 16; 45 sec. rest)

## MYOKORE Movement Exercises:

### Week 3

#### Mon/Fri:

- Squat Jumps (3 x 25; 45 sec. rest)
- Single Leg Lunges (3 x 18; each leg; 30 sec. rest)
- Hip Raise- Bicycle (3 x 28; 30 sec. rest)
- Side Leg-Lunge (3 x 20 each leg; 45 sec. rest)
- Hip Raise- Spread (3 x 24; 45 sec. rest)
- Ice Skater (3 x 15 each leg; 30 sec. rest)

#### Tues/Thurs:

- Plank Walk (3 x 30 sec.; 45 sec. rest)
- Mountain Climbers (3 x 23; 45 sec. rest)
- Side Leg Swing (3 x 40; 45 sec. rest)
- Sprint in Place- 45 degree angle (3 x 40 sec.; 60 sec. rest)
- Knees to Chest- Plank (3 x 30; 45 sec. rest)
- Roman Chair (3 x 22; 45 sec. rest)

#### Wed:

- Back Row (3x24; 45 sec. rest; lean at your appropriate angle)

- Push-ups (3 x 24; 45 sec. rest; lean at your appropriate angle)
- Seated Pull-ups/Pull-ups (3 x 16; 45 sec. rest)
- Seated Dips/Dips (3 x 16; 45 sec. rest)
- Back Fly-I, Y, T (3 x 15 (5-I, 5-Y, 5-T); 45 sec. rest)
- Tricep Press (3 x 17; 45 sec. rest)

## MYOKORE Movement Exercises:

### Week 4

#### Mon/Fri:

- Plank Walk (3 x 40 sec.; 45 sec. rest)
- Mountain Climbers (3 x 36; 45 sec. rest)
- Side Leg Swing (3 x 50; 45 sec. rest)
- Sprint in Place- 45 degree angle (3 x 50 sec.; 60 sec. rest)
- Body Saw (3 x 10; 45 sec. rest)
- Roman Chair (3 x 24; 45 sec. rest)

#### Tues/Thurs:

- Back Row (3 x 26; 45 sec. rest; lean at your appropriate angle)
- Push-ups (3 x 26; 45 sec. rest; lean at your appropriate angle)
- Seated Pull-ups/Pull-ups (3 x 18; 45 sec. rest)
- Seated Dips/Dips (3 x 20; 45 sec. rest)
- Back Fly-I, Y, T (3 x 18 (6-I, 6-Y, 6-T); 45 sec. rest)
- Tricep Press (3 x 22; 45 sec. rest)

#### Wed:



- Squat Jumps (3 x 30; 45 sec. rest)
- Single Leg Lunges (3 x 22; each leg; 30 sec. rest)
- Hip Raise- Bicycle (3 x 30;45 sec. rest)
- Side Leg-Lunge (3 x 22; 45 sec. rest)
- Ice Skater (3 x 20 each leg; 30 sec. rest)
- Side Leg Swing (3 x 50; 45 sec. rest)

