

HOLIDAY HONEY HUSTLE CHALLENGE

NOVEMBER 4 - DECEMBER 22

GUIDELINES

1. Drink 8+ Cups Of Water Daily
2. Workout 3-5x Per Week
3. Complete The Daily Challenge 3-5x Per Week
4. Limit To 2 Cheat Meals Per Week
5. Fast 16 Consecutive Hours Daily (Optional)
6. Eat <50 Net Carbs 2 Days/Week (Optional)

NOV 4 WATER _____ WORKOUT <input type="checkbox"/> DAILY CHALLENGE <input type="checkbox"/>	NOV 5 WATER _____ WORKOUT <input type="checkbox"/> DAILY CHALLENGE <input type="checkbox"/>	NOV 6 WATER _____ WORKOUT <input type="checkbox"/> DAILY CHALLENGE <input type="checkbox"/>	NOV 7 WATER _____ WORKOUT <input type="checkbox"/> DAILY CHALLENGE <input type="checkbox"/>	NOV 8 WATER _____ WORKOUT <input type="checkbox"/> DAILY CHALLENGE <input type="checkbox"/>	NOV 9 WATER _____ WORKOUT <input type="checkbox"/> DAILY CHALLENGE <input type="checkbox"/>	NOV 10 WATER _____ WORKOUT <input type="checkbox"/> DAILY CHALLENGE <input type="checkbox"/>
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HOLIDAY HONEY HUSTLE DAILY WORKOUT CHALLENGES

The Holiday Honey Hustle DAILY WORKOUT CHALLENGE is to be added to the end of your workout each day! Each day of the week, we will have a 30-90 second “finisher” focused on a specific muscle group - arms, booty, core, legs, or upper body.

The finishers will start out at 30 seconds for Week 1. Aim to see how many reps you can do of that particular exercise in 30 seconds. By the end of the program, we will be doing 90 second challenges. The goal is to continue gaining strength and stamina each week to do more reps for longer periods of time!

TAG us on social media when you complete a workout or do something in the #HolidayHoneyHustleChallenge so we can see, share AND it enters you in our GIVEAWAY!

WEEK 1:

MONDAY: 30 seconds tricep dips (arms)
TUESDAY: 30 seconds squats (booty)
WEDNESDAY: 30 seconds crunches (core)
THURSDAY: 30 seconds lunges (legs)
FRIDAY: 30 seconds decline push-ups (upper body)

WEEK 2:

MONDAY: 30 seconds burpees (arms)
TUESDAY: 30 seconds glute bridges (booty)
WEDNESDAY: 30 seconds toe touches (core)
THURSDAY: 30 seconds sumo squats (legs)
FRIDAY: 30 seconds crab walks (upper body)

WEEK 3:

MONDAY: 60 seconds push-ups (arms)
TUESDAY: 60 seconds curtsy lunges (booty)
WEDNESDAY: 60 seconds plank (core)
THURSDAY: 60 seconds squat pulses (legs)
FRIDAY: 60 seconds curls (upper body)

WEEK 4: OFF FOR THANKSGIVING

Get active however you can! Aim for at least 2-3 workouts on your own this but there is no daily challenge!

WEEK 5:

MONDAY: 60 seconds tricep dips (arms)
TUESDAY: 60 seconds squats (booty)
WEDNESDAY: 60 seconds side planks (core)
THURSDAY: 60 seconds lunges (legs)
FRIDAY: 60 seconds decline push-ups (upper body)

WEEK 6:

MONDAY: 90 seconds burpees (arms)
TUESDAY: 90 seconds glute bridges (booty)
WEDNESDAY: 90 seconds toe touches (core)
THURSDAY: 90 seconds sumo squats (legs)
FRIDAY: 90 seconds crab walks (upper body)

WEEK 7:

MONDAY: 90 seconds push ups (arms)
TUESDAY: 90 seconds curtsy lunges (booty)
WEDNESDAY: 90 seconds plank (core)
THURSDAY: 90 seconds squat pulses (legs)
FRIDAY: 90 seconds curls (upper body)

As a reminder, please consult your doctor before beginning a new workout routine!