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Body Transformation Challenge

HIGH-KNEES SPRINT



1

10 REPS
+
LOSE THE BLAME

JUMP SWITCH LUNGE



2

10 REPS
+
SET S.M.A.R.T GOALS

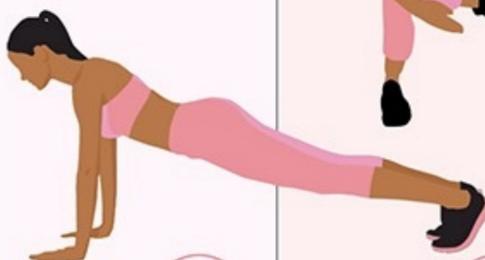
SQUAT JACK



3

10 REPS
+
DITCH ADDED SUGAR

BURPEE



4

10 REPS
+
AVOID REFINED CARBS

SPEED SKATER LUNGE



5

10 REPS
+
PUT DOWN THE DRINK

PILATES TEASER



6

10 REPS
+
PLAN ONE SPLURGE

PLYO PUSH-UP



7

10 reps
+
ALLOW SPONTANEOUS INDULGENCE

8

20 REPS
+
KEEP GRAINS IN CHECK

9

20 REPS
+
EAT ONLY WHEN HUNGRY

10

20 REPS
+
GO FOR A WALK

11

20 REPS
+
NEVER SKIP BREAKFAST

12

20 REPS
+
SAY NO TO JUNK FOOD

13

20 REPS
+
NIX PROCESSED FOODS

14

20 REPS
+
SHOP FOR WHOLE FOODS

15

30 REPS
+
MEAL PREP

16

30 REPS
+
REORGANIZE YOUR FRIDGE

17

30 REPS
+
KEEP A FOOD JOURNAL

18

30 REPS
+
RAMP UP PROTEIN INTAKE

19

30 REPS
+
VEGGIES/FRUIT ON EVERY PLATE

20

30 REPS
+
KNOW YOUR HEALTHY FATS

21

30 REPS
+
KEEP PORTIONS IN CHECK

22

40 REPS
+
TRACK TOTAL CALORIES

23

40 REPS
+
EAT AT THE TABLE

24

40 REPS
+
ELIMINATE DISTRACTIONS

25

40 REPS
+
SLOW DOWN

26

40 REPS
+
DOWNSIZE DINNERWARE

27

40 REPS
+
BUST OUT THE SCALE

28

40 REPS
+
REDUCE SODIUM

29

50 REPS
+
SLEEP 7+ HOURS

30

50 REPS
+
CUT 100 CALORIES