

FFF Challenge Workouts

WEEK 1 & 2: Burn Fat & Build Muscle

Monday

Shoulders + Arms + Abs + Cardio Workout

Superset:

Perform exercise A for the prescribed number of reps before moving on to exercise B. Repeat this superset 3x.

A) Plank Push-ups - 10 reps (5 per side)

B) Side Plank Oblique Twist - 10 reps per side

Complete each exercise for the prescribed number of repetitions. Rest 20sec, then repeat 3 more times before moving on to the next exercise.

Standing Dumbbell Shoulder Press - 15 reps, 1 round

Seated Dumbbell Shoulder Press - 10 reps, 3 rounds

Dumbbell Side Lateral Raises - 10 reps, 3 rounds

Rear Delt Bent Over Flyes - 10 reps, 3 rounds

Alternating Dumbbell Curls - 10 reps per side, 3 rounds

Overhead Dumbbell Tricep Extension - 10 reps, 3 rounds

Finish with 20 minutes of Cardio, your choice!

FFF Challenge Workouts

WEEK 1 & 2: Burn Fat & Build Muscle

Tuesday

Legs + Glutes Workout

*Complete each exercise for the prescribed number of repetitions.
Rest 20sec, then repeat 3 more times before moving on to the
next exercise.*

Body Weight Speed Squats – 20 reps, 1 round

Dumbbell Squats – 10 reps, 3 rounds

Dumbbell Curtsy Lunge – 10 reps per leg, 3 rounds

Dumbbell Stiff Leg Deadlifts – 10 reps, 3 rounds

Dumbbell Plie Squat with Calf Raises – 10 reps, 3 rounds

Stability Ball Hamstring Curls – 10 reps, 3 rounds

FFF Challenge Workouts

WEEK 1 & 2: Burn Fat & Build Muscle

Wednesday

REST DAY

Thursday

30 minutes of cardio, your choice!

FFF Challenge Workouts

WEEK 1 & 2: Burn Fat & Build Muscle

Friday

Total Body Toner + Cardio Workout

Complete each exercise for the prescribed number of repetitions. Rest 20-30sec, then repeat 3 more times before moving on to the next exercise.

Dumbbell Squat & Press – 10 reps, 3 rounds

Dumbbell Lunge w/ Side Lateral Raise – 10 reps / leg, 3 rounds

Dumbbell Push-ups w/ Renegade Row – 10 reps, 3 rounds

Dumbbell Side Lunge w/ Front Raise – 10 reps / leg, 3 rounds

Dumbbell Stiff-Leg Deadlifts w/ Upright Row – 10 reps, 3 rounds

Dumbbell Set-up with Bicep Curl – 10 reps per leg, 3 rounds

Stability Ball Roll Outs – 10 reps, 3 rounds

Finish with 20 minutes of cardio, your choice!

FFF Challenge Workouts

WEEK 1 & 2: Burn Fat & Build Muscle

Saturday

30 minutes of cardio, your choice!

FFF Challenge Workouts

WEEK 1 & 2: Burn Fat & Build Muscle

Sunday

Back + Chest + Abs + Cardio Workout

Superset:

Perform exercise A for the prescribed number of reps before moving on to exercise B. Repeat this superset 3 x.

A) Plank Push-ups – 10 reps (5 per side)

B) Side Plank Hips Drops – 10 reps per side

Complete each exercise for the prescribed number of repetitions. Rest 20-30sec, then repeat 3 more times before moving on to the next exercise.

Bird-Dog – 10 reps, (5 per side), 3 rounds

Bent Over Dumbbell Row – 10 reps per side, 3 rounds

Stability Ball Dumbbell Pull Overs – 10 reps, 3 rounds

Wide Push-ups – 10 reps, 3 rounds

Incline Dumbbell Chest Press – 10 reps, 3 rounds

Flat Bench Dumbbell Chest Flyes – 10 reps, 3 rounds

Finish with 20 minutes of Cardio, your choice!

FFF Challenge Workouts

WEEK 3 & 4: Extra Rest Day, To Help Prevent Burnout

Monday

Chest + Shoulders + Triceps + Cardio or Tabata

Warm-Up: Wide Push-ups – 20 reps

Superset I:

A) Incline Dumbbell Press – 8 reps, 3 rounds

B) Bench Dips – max reps, 4 rounds

Superset II:

A) Seated Dumbbell Shoulder Press, 8 reps, 3 rounds

B) Dumbbell Upright Row, 8 reps, 3 rounds

Superset III:

A) 1-Arm Overhead Tricep Extensions, 8 reps / arm, 3 rounds

B) Tricep Kickbacks w/ Twist, 8 reps per arm, 3 rounds

Superset IV:

A) Rear Delt Bent-over Raise – 8 reps, 3 rounds

B) Dumbbell Chest Flyes – 8 reps, 3 rounds

Cardio or Tabata: Do 30 minutes of cardio, your choice OR 4 minutes of Tabata. Alternating between 20 seconds of work, and 10 seconds of rest for eight rounds. Once through for beginners, twice through for advanced with a minute rest in between.

A) Speedskaters

B) Plank Hip Drops

FFF Challenge Workouts

WEEK 3 & 4: Extra Rest Day, To Help Prevent Burnout

Tuesday

Legs + Glutes + Abs Workout

**Complete each exercise for the prescribed number of repetitions.
Rest 20-30sec, then repeat 3 more times before moving on to the
next exercise.**

Warm-up: Body Weight Speed Squats – 20 reps, 1 round

Super Set:

A) Dumbbell Squats – 8 reps, 3 rounds

B) Dumbbell Stiff Leg Deadlifts – 8 reps, 3 rounds

Dumbbell Curtsy Lunge – 8 reps per leg, 3 rounds

Weighted Glute Bridge – 8 reps, 3 rounds

Dumbbell Step-ups – 8 reps per leg, 3 rounds

Dumbbell Bulgarian Split Squats - 8 reps per leg, 3 rounds

Bench Leg Raises – 10 reps, 3 rounds

Bench In & Outs - 10 reps, 3 rounds

Weighted Crunch & Reach – 10 reps, 3 rounds

Russian Twist – 10 reps per side, 3 rounds

FFF Challenge Workouts

WEEK 3 & 4: Extra Rest Day, To Help Prevent Burnout

Wednesday

Back + Biceps + Abs + Cardio Workout

**Complete each exercise for the prescribed number of repetitions.
Rest 20sec, then repeat 3 more times before moving on to the
next exercise.**

Lat Pull Downs – 8 reps, 3 rounds

Dumbbell Bent Over Row – 8 reps per arm, 3 rounds

Dumbbell Good Mornings – 8 reps, 3 rounds

Dumbbell In & Out Curl – 8 reps, 3 rounds

Alternating Dumbbell Curl – 8 reps, 3 rounds

Superwoman – 8 reps, 3 rounds

Bicycle Crunches – 15 reps, 3 rounds

Frog Crunch – 15 reps, 3 rounds

**Cardio or Tabata: Do 30 minutes of Cardio, your choice! Or 4
minutes of Tabata. Alternating between 20 seconds of work, and
10 seconds of rest for eight rounds. Once through for beginners,
twice through for advanced with a minute rest in between.**

A) Plank Walkouts

B) Explosive Jumps

FFF Challenge Workouts

WEEK 3 & 4: Extra Rest Day, To Help Prevent Burnout

Thursday

Plyometric Circuit + Abs

Repeat both circuits two times through.

CIRCUIT I:

Speed Squats - 20 reps

Speedskaters - 20 reps

Jogging High Knees - 20 reps

Bench Up & Overs - 20 reps

Jump Rope - 100 revolutions

Rest 30sec

CIRCUIT II:

Reverse Lunge Front Kick - 15 reps per leg

Squat Jacks - 15 reps

Plank Walkout - 10 reps

Jump Rope - 100 revolutions

Rest 30sec

Ab Workout:

Bench Leg Raises - 10 reps, 3 rounds

Bench In & Outs - 10 reps, 3 rounds

Weighted Crunch & Reach - 10 reps, 3 rounds

Russian Twist - 10 reps per side, 3 rounds

FFF Challenge Workouts

WEEK 3 & 4: Burn Fat & Build Muscle

Friday

REST DAY!

Saturday

Legs + Quads + Workout

**Complete each exercise for the prescribed number of repetitions.
Rest 20sec, then repeat 3 more times before moving on to the
next exercise.**

Warm-Up!: Jump Squats – 20 reps, 1 round

Super Set:

A) Dumbbell Walking Lunge – 8 reps per leg, 3 rounds

B)–Dumbbell Bulgarian Split Squats - 8 reps per leg, 3 rounds

Dumbbell Bench Step-ups – 8 reps per leg, 3 rounds

Dumbbell Squats – 8 reps, 3 rounds

Band Walks – 8 reps per leg, 3 rounds

Sunday

REST DAY!

FFF Challenge Workouts

WEEK 5 & 6: Max Fat Burn

Monday

Lower Body Workout + Cardio or Tabata

**Complete each exercise for the prescribed number of repetitions.
Rest 20sec, then repeat 3 more times before moving on to the
next exercise.**

Dumbbell Bulgarian Split Squats – 15 reps per leg, 3 rounds

Weighted Glute Bridge – 20 reps, 3 rounds

Single Leg Dumbbell Deadlifts – 15 reps per leg, 3 rounds

Dumbbell Plie Squats – 20 reps, 3 rounds

Dumbbell Reverse Lunge - 15 reps per leg, 3 rounds

**Cardio or Tabata: Do 30 minutes of Cardio, your choice! OR 4
minutes of Tabata. Alternating between 20 seconds of work, and
10 seconds of rest for eight rounds. Once through for beginners,
twice through for advanced with a minute rest in between.**

A) Plank Push-ups

B) Butt Kicks

FFF Challenge Workouts

WEEK 5 & 6: Max Fat Burn

Tuesday

Upper Body Workout + Cardio or Tabata

**Complete each exercise for the prescribed number of repetitions.
Rest 20sec, then repeat 3 more times before moving on to the
next exercise.**

Superset I:

- A) Standing Dumbbell Lateral Raises – 5 reps, 3 rounds**
- B) Bent-over Dumbbell Rear Delt Raise – 5 reps, 3 rounds**

One-Arm Snatch Press, 15 reps, 3 rounds

Four Point Push-Up, 5 reps, 3 rounds

Dumbbell Bent Over Row, 15 reps per arm, 3 rounds

Two-Arm Overhead Triceps Extensions, 15 reps, 3 rounds

Dumbbell In & Out Curl – 15 reps, 3 rounds

**Cardio or Tabata: Do 30 minutes of Cardio, your choice! Or
Tabata (once through for beginners, twice through for advanced
with a minute rest in between).**

- A) Dumbbell Swings**
- B) Plank Shoulder Tap**

FFF Challenge Workouts

WEEK 5 & 6: Max Fat Burn

Wednesday

30 minutes of cardio, your choice!

FFF Challenge Workouts

WEEK 5 & 6: Max Fat Burn

Thursday

Total Body Circuit A + Cardio Workout

*For each Move, do 30 seconds of work with 10 seconds of rest.
Preform once through for beginners, two times through for intermediate and three times through for advanced. Rest two minutes between circuits.*

CIRCUIT:

Dumbbell Goblet Squats

Rolling Plank

Floor Flye to Crunch

Alternating Reverse Lunge Lateral Raise

Dumbbell Side-to-Side Squat

Dumbbell Skullcrusher

Plank Jack / Knee Tuck Combo

Cardio: Do 30 minutes of Cardio, your choice!

FFF Challenge Workouts

WEEK 5 & 6: Max Fat Burn

Friday

30 minutes of cardio, your choice!

FFF Challenge Workouts

WEEK 5 & 6: Max Fat Burn

Saturday

Total Body Circuit B + Cardio Workout

For each Move, do 30 seconds of work with 10 seconds of rest. Preform once through for beginners, two times through for intermediate and three times through for advanced. Rest two minutes between circuits.

CIRCUIT:

Side-to-Side Lunge

Push-Ups

Dumbbell Squat & Press

Pike Step-To-Stand

Plank Twists

Dumbbell Swings

Glute Bridge Dumbbell Pullover

Alternating Dumbbell Lunge w/ Bicep Curl & Press

Cardio: Do 30 minutes of Cardio, your choice!