

August 27 - September 2, 2017

<p>Aug 27 Sunday</p>	<p>Aug 31 Thursday</p> <p style="text-align: center;">4 Months of Exercise Challenges Starts Tomorrow!!! Good Luck Everyone!!</p>
<p>Aug 28 Monday</p>	<p>Sep 1 Friday</p> <p style="text-align: center;"><u>Victoria's Secret Angel Butt Workout</u></p> <p>Hamstring Curl and Press The XHIT VS Butt Workout will take about 15 minutes. Kneeling Leg Lifts Fire Hydrant Kicks One Legged Glute Bridge Repeat Ins and Outs Prisoner Squats 1 Hour Walk Outside or on Treadmill</p>
<p>Aug 29 Tuesday</p> <p style="text-align: center;">Tips to help with the challenge!!</p> <p>Eat LOTS of Fruits & Vegetables everyday!!!!!! Use My Fitness Pal to track your food!! No late night snacking!! Get enough sleep every night!! Brush your teeth daily!! Drink Lots of water!! Workout with a friend for support!!</p>	<p>Sep 2 Saturday</p> <p style="text-align: center;"><u>How To Lose Arm Fat</u></p> <p>Standing V Raise 15 Havyk Raises 15 Shoulder Press 15 Dips 20 Weights needed Kick Back 15 Pushups 15 The XHIT How to lose arm fat Workout will take about 13 minutes. Tricep Extensions 15 Reverse Curls 15 In & Out Curls 20 Curl Holds 5 Inside Curls 10 Reverse Flys 10 1 Hour Walk Outside or on Treadmill</p>
<p>Aug 30 Wednesday</p> <p style="text-align: center;">Foods to Avoid this week</p> <p>No Fast Food Eat from 8:00am - 8:00pm Cottage Cheese Sour Cream Butter Cream Cheese Mayo Yogurt Milk Ice Cream Pudding Cheese/Pizza Cream in Coffee Use My Fitness Pal</p>	<p>Notes</p> <p>Weight_____ Right Upper Thigh_____</p> <p>Chest_____ Left Upper Thigh_____</p> <p>Hips_____ Right Arm_____</p> <p>Waist_____ Left Arm_____</p>

Sep 3 Sunday	Sep 7 Thursday
<p style="text-align: center;"><u>Cardio Workout: How to Lose Weight</u></p> <p>One Leg Back Lunge Bridge Raise The XHIT Cardio Workout will take about 10 minutes. High Knees Burpees One Leg Back Lunge Bridge Raise w/Leg in Air Butt Kicks Skater Hops Squat to Lateral Leg Lift Bridge Raise w/Leg in Air Jumping Jacks Squat Jumps Squat to Lateral Leg Lift Jab-Cross Kick 1 Hour Walk Outside or on Treadmill Cross Jacks</p>	<p style="text-align: center;"><u>10 Minute Ab Workout: How to Get a Six Pack</u></p> <p>Leg Drops Plank Flutter Kicks Side Plank The XHIT 10 Minute Ab Workout will take about 10 minutes. Scissor Kicks Side Plank Mountain Climbers V-Crunches Repeat Alternating toe Touches Russian Twists 1 Hour Walk Outside or on Treadmill</p>
Sep 4 Monday	Sep 8 Friday
<p style="text-align: center;">Labor Day <u>How to Lose Belly Fat: 5 Minute Abs</u></p> <p>Spiderman Planks Hip Thrust Oblique Crunches The XHIT 5 Minute Abs Workout will take about 5 minutes. Side Plank Reach Throughs Full Sit Ups 1 Hour Walk Outside or on Treadmill</p>	<p style="text-align: center;"><u>Victoria's Secret Angel Butt Workout</u></p> <p>Hamstring Curl and Press The XHIT VS Butt Workout will take about 15 minutes. Kneeling Leg Lifts Fire Hydrant Kicks One Legged Glute Bridge Repeat Ins and Outs Prisoner Squats 1 Hour Walk Outside or on Treadmill</p>
Sep 5 Tuesday	Sep 9 Saturday
<p style="text-align: center;"><u>How to Get Arms Like a Victoria's Secret Model</u></p> <p>Dips Reverse Flys (weights needed) One leg pushups Curl and Hold (weights needed) Complex shoulder raise (weights needed) Arm Circles The XHIT VS Arms Workout will take about 8 minutes. Curl and Jab (weights needed) Curl and Twist (weights needed) Tricep Kickback (weights needed) 1 Hour Walk Outside or on Treadmill</p>	<p style="text-align: center;"><u>How To Lose Arm Fat</u></p> <p>Standing V Raise 15 Havyk Raises 15 Shoulder Press 15 Dips 20 Weights needed Kick Back 15 Pushups 15 Tricep Extensions 15 Reverse Curls 15 The XHIT How to lose arm fat Workout will take about 13 minutes. In & Out Curls 20 Curl Holds 5 Inside Curls 10 Reverse Flys 10 1 Hour Walk Outside or on Treadmill</p>
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<p style="text-align: center;"><u>Victoria's Secret Angel Butt Workout</u></p> <p>Hamstring Curl and Press The XHIT VS Butt Workout will take about 15 minutes. Repeat twice. Kneeling Leg Lifts Fire Hydrant Kicks One Legged Glute Bridge Ins and Outs 1 Hour Walk Outside or on Treadmill Prisoner Squats</p>	<p style="text-align: center;"><u>Foods to Avoid this week</u></p> <p>No Fast Food Sour Cream Eat from 8:00am - 8:00pm Cottage Cheese Cream Cheese No Vending Machines/Bring lunch Butter Yogurt Pop tarts Mayo Ice Cream Gummy Candy Milk Cheese/Pizza Pudding Use My Fitness Pal Cream in Coffee Soda</p>

September 10 - 16, 2017

Sep 10 Sunday	Sep 14 Thursday
<p style="text-align: center;"><u>Cardio Workout: How to Lose Weight</u></p> <p>One Leg Back Lunge Bridge Raise The XHIT Cardio Workout will take about 10 minutes. High Knees Burpees One Leg Back Lunge Bridge Raise w/Leg in Air Butt Kicks Skater Hops Squat to Lateral Leg Lift Bridge Raise w/Leg in Air Jumping Jacks Squat Jumps Squat to Lateral Leg Lift Jab-Cross Kick 1 Hour Walk Outside or on Treadmill Cross Jacks</p>	<p style="text-align: center;"><u>10 Minute Ab Workout: How to Get a Six Pack</u></p> <p>Leg Drops Plank Flutter Kicks Side Plank The XHIT 10 Minute Ab Workout will take about 10 minutes. Scissor Kicks Side Plank Mountain Climbers V-Crunches Repeat Alternating toe Touches Russian Twists 1 Hour Walk Outside or on Treadmill</p>
Sep 11 Monday	Sep 15 Friday
<p style="text-align: center;"><u>How to Lose Belly Fat: 5 Minute Abs</u></p> <p>Spiderman Planks Hip Thrust Oblique Crunches The XHIT 5 Minute Abs Workout will take about 5 minutes. Side Plank Reach Throughs Full Sit Ups 1 Hour Walk Outside or on Treadmill</p>	<p style="text-align: center;"><u>Victoria's Secret Angel Butt Workout</u></p> <p>Hamstring Curl and Press The XHIT VS Butt Workout will take about 15 minutes. Kneeling Leg Lifts Fire Hydrant Kicks One Legged Glute Bridge Repeat Ins and Outs Prisoner Squats 1 Hour Walk Outside or on Treadmill</p>
Sep 12 Tuesday	Sep 16 Saturday
<p style="text-align: center;"><u>How to Get Arms Like a Victoria's Secret Model</u></p> <p>Dips Reverse Flys (weights needed) One leg pushups Curl and Hold (weights needed) Complex shoulder raise (weights needed) Arm Circles The XHIT VS Arms Workout will take about 8 minutes. Curl and Jab (weights needed) Curl and Twist (weights needed) Tricep Kickback (weights needed) 1 Hour Walk Outside or on Treadmill</p>	<p style="text-align: center;"><u>How To Lose Arm Fat</u></p> <p>Standing V Raise 15 Havyk Raises 15 Shoulder Press 15 Dips 20 Weights needed Kick Back 15 Pushups 15 The XHIT How to lose arm fat Workout will take about 13 minutes. Tricep Extensions 15 Reverse Curls 15 In & Out Curls 20 Curl Holds 5 Inside Curls 10 Reverse Flys 10 1 Hour Walk Outside or on Treadmill</p>
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September 17 - 23, 2017

Sep 17 Sunday	Sep 21 Thursday
<p style="text-align: center;"><u>Cardio Workout: How to Lose Weight</u></p> <p>One Leg Back Lunge Bridge Raise The XHIT Cardio Workout will take about 10 minutes. High Knees Burpees One Leg Back Lunge Bridge Raise w/Leg in Air Butt Kicks Skater Hops Squat to Lateral Leg Lift Bridge Raise w/Leg in Air Jumping Jacks Squat Jumps Squat to Lateral Leg Lift Jab-Cross Kick 1 Hour Walk Outside or on Treadmill Cross Jacks</p>	<p style="text-align: center;"><u>10 Minute Ab Workout: How to Get a Six Pack</u></p> <p>Leg Drops Plank Flutter Kicks Side Plank The XHIT 10 Minute Ab Workout will take about 10 minutes. Scissor Kicks Side Plank Mountain Climbers V-Crunches Repeat Alternating toe Touches Russian Twists 1 Hour Walk Outside or on Treadmill</p>
Sep 18 Monday	Sep 22 Friday
<p style="text-align: center;"><u>How to Lose Belly Fat: 5 Minute Abs</u></p> <p>Spiderman Planks Hip Thrust Oblique Crunches The XHIT 5 Minute Abs Workout will take about 5 minutes. Side Plank Reach Throughs Full Sit Ups 1 Hour Walk Outside or on Treadmill</p>	<p style="text-align: center;"><u>Victoria's Secret Angel Butt Workout</u></p> <p>Hamstring Curl and Press The XHIT VS Butt Workout will take about 15 minutes. Kneeling Leg Lifts Fire Hydrant Kicks One Legged Glute Bridge Repeat Ins and Outs Prisoner Squats 1 Hour Walk Outside or on Treadmill</p>
Sep 19 Tuesday	Sep 23 Saturday
<p style="text-align: center;"><u>How to Get Arms Like a Victoria's Secret Model</u></p> <p>Dips Reverse Flys (weights needed) One leg pushups Curl and Hold (weights needed) Complex shoulder raise (weights needed) Arm Circles The XHIT VS Arms Workout will take about 8 minutes. Curl and Jab (weights needed) Curl and Twist (weights needed) Tricep Kickback (weights needed) 1 Hour Walk Outside or on Treadmill</p>	<p style="text-align: center;"><u>How To Lose Arm Fat</u></p> <p>Standing V Raise 15 Havyk Raises 15 Shoulder Press 15 Dips 20 Weights needed Kick Back 15 Pushups 15 The XHIT How to lose arm fat Workout will take about 13 minutes. Tricep Extensions 15 Reverse Curls 15 In & Out Curls 20 Curl Holds 5 Inside Curls 10 Reverse Flys 10 1 Hour Walk Outside or on Treadmill</p>
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<p style="text-align: center;"><u>Victoria's Secret Angel Butt Workout</u></p> <p>Hamstring Curl and Press The XHIT VS Butt Workout will take about 15 minutes. Repeat twice. Kneeling Leg Lifts Fire Hydrant Kicks One Legged Glute Bridge Ins and Outs 1 Hour Walk Outside or on Treadmill Prisoner Squats</p>	<p style="text-align: center;"><u>Foods to Avoid this week</u></p> <p>No Fast Food Bologna Hot Dogs Candy Bars Cottage Cheese Ice Cream Bacon All other Candy Butter Cheese/Pizza Brats Chips Mayo Gummy Candy Pkg. Lunch Meat Cake Milk Soda Use My Fitness Pal Pudding Pop tarts Brownies Cream in Coffee Yogurt Pie Sour Cream Salami Cookies Cream Cheese No Vending Machines/Bring lunch Ham Eat from 8:00am - 8:00pm</p>

September 24 - 30, 2017

Sep 24 Sunday	Sep 28 Thursday
<p style="text-align: center;"><u>Cardio Workout: How to Lose Weight</u></p> <p>One Leg Back Lunge Bridge Raise <i>The XHIT Cardio Workout will take about 10 minutes.</i> High Knees Burpees One Leg Back Lunge Bridge Raise w/Leg in Air Butt Kicks Skater Hops Squat to Lateral Leg Lift Bridge Raise w/Leg in Air Jumping Jacks Squat Jumps Squat to Lateral Leg Lift Jab-Cross Kick <i>1 Hour Walk Outside or on Treadmill</i> Cross Jacks</p>	<p style="text-align: center;"><u>10 Minute Ab Workout: How to Get a Six Pack</u></p> <p>Leg Drops Plank Flutter Kicks Side Plank <i>The XHIT 10 Minute Ab Workout will take about 10 minutes.</i> Scissor Kicks Side Plank Mountain Climbers V-Crunches Repeat Alternating toe Touches Russian Twists <i>1 Hour Walk Outside or on Treadmill</i></p>
Sep 25 Monday	Sep 29 Friday
<p style="text-align: center;"><u>How to Lose Belly Fat: 5 Minute Abs</u></p> <p>Spiderman Planks Hip Thrust Oblique Crunches <i>The XHIT 5 Minute Abs Workout will take about 5 minutes.</i> Side Plank Reach Throughs Full Sit Ups <i>1 Hour Walk Outside or on Treadmill</i></p>	<p style="text-align: center;"><u>Victoria's Secret Angel Butt Workout</u></p> <p>Hamstring Curl and Press <i>The XHIT VS Butt Workout will take about 15 minutes.</i> Kneeling Leg Lifts Fire Hydrant Kicks One Legged Glute Bridge Repeat Ins and Outs Prisoner Squats <i>1 Hour Walk Outside or on Treadmill</i></p>
Sep 26 Tuesday	Sep 30 Saturday
<p style="text-align: center;"><u>How to Get Arms Like a Victoria's Secret Model</u></p> <p>Dips Reverse Flys (weights needed) One leg pushups Curl and Hold (weights needed) Complex shoulder raise (weights needed) Arm Circles <i>The XHIT VS Arms Workout will take about 8 minutes.</i> Curl and Jab (weights needed) Curl and Twist (weights needed) Tricep Kickback (weights needed) <i>1 Hour Walk Outside or on Treadmill</i></p>	<p style="text-align: center;"><u>How To Lose Arm Fat</u></p> <p>Standing V Raise 15 Havyk Raises 15 Shoulder Press 15 Dips 20 Weights needed Kick Back 15 Pushups 15 Tricep Extensions 15 Reverse Curls 15 <i>The XHIT How to lose arm fat Workout will take about 13 minutes.</i> In & Out Curls 20 Curl Holds 5 Inside Curls 10 Reverse Flys 10 <i>1 Hour Walk Outside or on Treadmill</i></p>
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Oct 1 Sunday	Oct 5 Thursday
<p style="text-align: center;"><u>Cardio Workout: How to Lose Weight</u></p> <p>One Leg Back Lunge Bridge Raise The XHIT Cardio Workout will take about 10 minutes. High Knees Burpees One Leg Back Lunge Bridge Raise w/Leg in Air Butt Kicks Skater Hops Squat to Lateral Leg Lift Bridge Raise w/Leg in Air Jumping Jacks Squat Jumps Squat to Lateral Leg Lift Jab-Cross Kick 1 Hour Walk Outside or on Treadmill Cross Jacks</p>	<p style="text-align: center;"><u>10 Minute Ab Workout: How to Get a Six Pack</u></p> <p>Leg Drops Plank Flutter Kicks Side Plank The XHIT 10 Minute Ab Workout will take about 10 minutes. Scissor Kicks Side Plank Mountain Climbers V-Crunches Repeat Alternating toe Touches Russian Twists 1 Hour Walk Outside or on Treadmill</p>
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October 8 - 14, 2017

Oct 8 Sunday	Oct 12 Thursday																																																		
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October 15 - 21, 2017

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October 29 - November 4, 2017

Oct 29 Sunday	Nov 2 Thursday
<p style="text-align: center;"><u>Cardio Workout: How to Lose Weight</u></p> <p>One Leg Back Lunge Bridge Raise <i>The XHIT Cardio Workout will take about 10 minutes.</i> High Knees Burpees One Leg Back Lunge Bridge Raise w/Leg in Air Butt Kicks Skater Hops Squat to Lateral Leg Lift Bridge Raise w/Leg in Air Jumping Jacks Squat Jumps Squat to Lateral Leg Lift Jab-Cross Kick <i>1 Hour Walk Outside or on Treadmill</i> Cross Jacks</p>	<p style="text-align: center;"><u>10 Minute Ab Workout: How to Get a Six Pack</u></p> <p>Leg Drops Plank Flutter Kicks Side Plank <i>The XHIT 10 Minute Ab Workout will take about 10 minutes.</i> Scissor Kicks Side Plank Mountain Climbers V-Crunches Repeat Alternating toe Touches Russian Twists <i>1 Hour Walk Outside or on Treadmill</i></p>
Oct 30 Monday	Nov 3 Friday
<p style="text-align: center;"><u>How to Lose Belly Fat: 5 Minute Abs</u></p> <p>Spiderman Planks Hip Thrust Oblique Crunches <i>The XHIT 5 Minute Abs Workout will take about 5 minutes.</i> Side Plank Reach Throughs Full Sit Ups <i>1 Hour Walk Outside or on Treadmill</i></p>	<p style="text-align: center;"><u>Victoria's Secret Angel Butt Workout</u></p> <p>Hamstring Curl and Press <i>The XHIT VS Butt Workout will take about 15 minutes.</i> Kneeling Leg Lifts Fire Hydrant Kicks One Legged Glute Bridge Repeat Ins and Outs Prisoner Squats <i>1 Hour Walk Outside or on Treadmill</i></p>
Oct 31 Tuesday	Nov 4 Saturday
<p style="text-align: center;"><u>How to Get Arms Like a Victoria's Secret Model</u></p> <p>Dips Reverse Flys (weights needed) One leg pushups Curl and Hold (weights needed) Complex shoulder raise (weights needed) Arm Circles <i>The XHIT VS Arms Workout will take about 8 minutes.</i> Curl and Jab (weights needed) Curl and Twist (weights needed) Tricep Kickback (weights needed) <i>1 Hour Walk Outside or on Treadmill</i></p>	<p style="text-align: center;"><u>How To Lose Arm Fat</u></p> <p>Standing V Raise 15 Havyk Raises 15 Shoulder Press 15 Dips 20 Weights needed Kick Back 15 Pushups 15 Tricep Extensions 15 Reverse Curls 15 <i>The XHIT How to lose arm fat Workout will take about 13 minutes.</i> In & Out Curls 20 Curl Holds 5 Inside Curls 10 Reverse Flys 10 <i>1 Hour Walk Outside or on Treadmill</i></p>
Nov 1 Wednesday	Notes
<p style="text-align: center;"><u>Victoria's Secret Angel Butt Workout</u></p> <p>Hamstring Curl and Press <i>The XHIT VS Butt Workout will take about 15 minutes. Repeat twice.</i> Kneeling Leg Lifts Fire Hydrant Kicks One Legged Glute Bridge Ins and Outs <i>1 Hour Walk Outside or on Treadmill</i> Prisoner Squats</p>	<p>Weight _____ Right Upper Thigh _____ Chest _____ Left Upper Thigh _____ Hips _____ Right Arm _____ Waist _____ Left Arm _____</p>

Nov 5 Sunday	Nov 9 Thursday
<p style="text-align: center;"><u>Cardio Workout: How to Lose Weight</u></p> <p>One Leg Back Lunge Bridge Raise The XHIT Cardio Workout will take about 10 minutes. High Knees Burpees One Leg Back Lunge Bridge Raise w/Leg in Air Butt Kicks Skater Hops Squat to Lateral Leg Lift Bridge Raise w/Leg in Air Jumping Jacks Squat Jumps Squat to Lateral Leg Lift Jab-Cross Kick 1 Hour Walk Outside or on Treadmill Cross Jacks</p>	<p style="text-align: center;"><u>10 Minute Ab Workout: How to Get a Six Pack</u></p> <p>Leg Drops Plank Flutter Kicks Side Plank The XHIT 10 Minute Ab Workout will take about 10 minutes. Scissor Kicks Side Plank Mountain Climbers V-Crunches Repeat Alternating toe Touches Russian Twists 1 Hour Walk Outside or on Treadmill</p>
Nov 6 Monday	Nov 10 Friday
<p style="text-align: center;"><u>How to Lose Belly Fat: 5 Minute Abs</u></p> <p>Spiderman Planks Hip Thrust Oblique Crunches The XHIT 5 Minute Abs Workout will take about 5 minutes. Side Plank Reach Throughs Full Sit Ups 1 Hour Walk Outside or on Treadmill</p>	<p style="text-align: center;">Veterans Day (observed) <u>Victoria's Secret Angel Butt Workout</u></p> <p>Hamstring Curl and Press The XHIT VS Butt Workout will take about 15 minutes. Kneeling Leg Lifts Fire Hydrant Kicks One Legged Glute Bridge Repeat Ins and Outs Prisoner Squats 1 Hour Walk Outside or on Treadmill</p>
Nov 7 Tuesday	Nov 11 Saturday
<p style="text-align: center;"><u>How to Get Arms Like a Victoria's Secret Model</u></p> <p>Dips Reverse Flys (weights needed) One leg pushups Curl and Hold (weights needed) Complex shoulder raise (weights needed) Arm Circles The XHIT VS Arms Workout will take about 8 minutes. Curl and Jab (weights needed) Curl and Twist (weights needed) Tricep Kickback (weights needed) 1 Hour Walk Outside or on Treadmill</p>	<p style="text-align: center;">Veterans Day <u>How To Lose Arm Fat</u></p> <p>Standing V Raise 15 Havyk Raises 15 Shoulder Press 15 Dips 20 Weights needed Kick Back 15 Pushups 15 Tricep Extensions 15 Reverse Curls 15 The XHIT How to lose arm fat Workout will take about 13 minutes. In & Out Curls 20 Curl Holds 5 Inside Curls 10 Reverse Flys 10 1 Hour Walk Outside or on Treadmill</p>
Nov 8 Wednesday	Notes
<p style="text-align: center;"><u>Victoria's Secret Angel Butt Workout</u></p> <p>Hamstring Curl and Press The XHIT VS Butt Workout will take about 15 minutes. Repeat twice. Kneeling Leg Lifts Fire Hydrant Kicks One Legged Glute Bridge Ins and Outs 1 Hour Walk Outside or on Treadmill Prisoner Squats</p>	<p style="text-align: center;"><u>Foods to Avoid this week</u></p> <p>No Fast Food Bologna Hot Dogs Candy Bars No Syrup Cottage Cheese Ice Cream Bacon All other Candy Hash browns Butter Cheese/Pizza Brats Chips Tator Tots Mayo Gummy Candy Pkg. Lunch Meat Use My Fitness Pal Crackers Milk Soda Cake Dried Fruit White Bread Pudding Pop tarts Brownies Ketchup French Fries Cream in Coffee Yogurt Pie Salad Dressing No Sugary Cereal Sour Cream Salami Cookies Dips (waffles, toaster strudels, etc) Cream Cheese No Vending Machines/Bring lunch Jelly No potatoes (only sweet potatoes) Ham Eat from 8:00am - 8:00pm Muffins</p>

November 12 - 18, 2017

Nov 12 Sunday	Nov 16 Thursday
<p style="text-align: center;"><u>Cardio Workout: How to Lose Weight</u></p> <p>One Leg Back Lunge Bridge Raise The XHIT Cardio Workout will take about 10 minutes. High Knees Burpees One Leg Back Lunge Bridge Raise w/Leg in Air Butt Kicks Skater Hops Squat to Lateral Leg Lift Bridge Raise w/Leg in Air Jumping Jacks Squat Jumps Squat to Lateral Leg Lift Jab-Cross Kick 1 Hour Walk Outside or on Treadmill Cross Jacks</p>	<p style="text-align: center;"><u>10 Minute Ab Workout: How to Get a Six Pack</u></p> <p>Leg Drops Plank Flutter Kicks Side Plank The XHIT 10 Minute Ab Workout will take about 10 minutes. Scissor Kicks Side Plank Mountain Climbers V-Crunches Repeat Alternating toe Touches Russian Twists 1 Hour Walk Outside or on Treadmill</p>
Nov 13 Monday	Nov 17 Friday
<p style="text-align: center;"><u>How to Lose Belly Fat: 5 Minute Abs</u></p> <p>Spiderman Planks Hip Thrust Oblique Crunches The XHIT 5 Minute Abs Workout will take about 5 minutes. Side Plank Reach Throughs Full Sit Ups 1 Hour Walk Outside or on Treadmill</p>	<p style="text-align: center;"><u>Victoria's Secret Angel Butt Workout</u></p> <p>Hamstring Curl and Press The XHIT VS Butt Workout will take about 15 minutes. Kneeling Leg Lifts Fire Hydrant Kicks One Legged Glute Bridge Repeat Ins and Outs Prisoner Squats 1 Hour Walk Outside or on Treadmill</p>
Nov 14 Tuesday	Nov 18 Saturday
<p style="text-align: center;"><u>How to Get Arms Like a Victoria's Secret Model</u></p> <p>Dips Reverse Flys (weights needed) One leg pushups Curl and Hold (weights needed) Complex shoulder raise (weights needed) Arm Circles The XHIT VS Arms Workout will take about 8 minutes. Curl and Jab (weights needed) Curl and Twist (weights needed) Tricep Kickback (weights needed) 1 Hour Walk Outside or on Treadmill</p>	<p style="text-align: center;"><u>How To Lose Arm Fat</u></p> <p>Standing V Raise 15 Havyk Raises 15 Shoulder Press 15 Dips 20 Weights needed Kick Back 15 Pushups 15 The XHIT How to lose arm fat Workout will take about 13 minutes. Tricep Extensions 15 Reverse Curls 15 In & Out Curls 20 Curl Holds 5 Inside Curls 10 Reverse Flys 10 1 Hour Walk Outside or on Treadmill</p>
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<p style="text-align: center;"><u>Victoria's Secret Angel Butt Workout</u></p> <p>Hamstring Curl and Press The XHIT VS Butt Workout will take about 15 minutes. Repeat twice. Kneeling Leg Lifts Fire Hydrant Kicks One Legged Glute Bridge Ins and Outs 1 Hour Walk Outside or on Treadmill Prisoner Squats</p>	<p style="text-align: center;"><u>Foods to Avoid this week</u></p> <p>No Fast Food Bologna Hot Dogs Candy Bars No Syrup Cottage Cheese Ice Cream Bacon All other Candy Hash browns Butter Cheese/Pizza Brats Chips Tator Tots Mayo Gummy Candy Pkg. Lunch Meat Use My Fitness Pal Crackers Milk Soda Cake Dried Fruit White Bread Pudding Pop tarts Brownies Ketchup French Fries Cream in Coffee Yogurt Pie Salad Dressing No frozen breakfasts Sour Cream Salami Cookies Dips (waffles, toaster strudels, etc) Cream Cheese No Vending Machines/Bring lunch Jelly No potatoes (only sweet potatoes) Ham Eat from 8:00am - 8:00pm Muffins only eat 100% whole grain/wheat bread</p>

November 19 - 25, 2017

Nov 19 Sunday	Nov 23 Thursday
<p style="text-align: center;"><u>Cardio Workout: How to Lose Weight</u></p> <p>One Leg Back Lunge Bridge Raise The XHIT Cardio Workout will take about 10 minutes. High Knees Burpees One Leg Back Lunge Bridge Raise w/Leg in Air Butt Kicks Skater Hops Squat to Lateral Leg Lift Bridge Raise w/Leg in Air Jumping Jacks Squat Jumps Squat to Lateral Leg Lift Jab-Cross Kick 1 Hour Walk Outside or on Treadmill Cross Jacks</p>	<p style="text-align: center;">Thanksgiving Day <u>10 Minute Ab Workout: How to Get a Six Pack</u></p> <p>Leg Drops Plank Flutter Kicks Side Plank The XHIT 10 Minute Ab Workout will take about 10 minutes. Scissor Kicks Side Plank Mountain Climbers V-Crunches Repeat Alternating toe Touches Russian Twists 1 Hour Walk Outside or on Treadmill</p>
Nov 20 Monday	Nov 24 Friday
<p style="text-align: center;"><u>How to Lose Belly Fat: 5 Minute Abs</u></p> <p>Spiderman Planks Hip Thrust Oblique Crunches The XHIT 5 Minute Abs Workout will take about 5 minutes. Side Plank Reach Throughs Full Sit Ups 1 Hour Walk Outside or on Treadmill</p>	<p style="text-align: center;"><u>Victoria's Secret Angel Butt Workout</u></p> <p>Hamstring Curl and Press The XHIT VS Butt Workout will take about 15 minutes. Kneeling Leg Lifts Fire Hydrant Kicks One Legged Glute Bridge Repeat Ins and Outs Prisoner Squats 1 Hour Walk Outside or on Treadmill</p>
Nov 21 Tuesday	Nov 25 Saturday
<p style="text-align: center;"><u>How to Get Arms Like a Victoria's Secret Model</u></p> <p>Dips Reverse Flys (weights needed) One leg pushups Curl and Hold (weights needed) Complex shoulder raise (weights needed) Arm Circles The XHIT VS Arms Workout will take about 8 minutes. Curl and Jab (weights needed) Curl and Twist (weights needed) Tricep Kickback (weights needed) 1 Hour Walk Outside or on Treadmill</p>	<p style="text-align: center;"><u>How To Lose Arm Fat</u></p> <p>Standing V Raise 15 Havyk Raises 15 Shoulder Press 15 Dips 20 Weights needed Kick Back 15 Pushups 15 The XHIT How to lose arm fat Workout will take about 13 minutes. Tricep Extensions 15 Reverse Curls 15 In & Out Curls 20 Curl Holds 5 Inside Curls 10 Reverse Flys 10 1 Hour Walk Outside or on Treadmill</p>
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November 26 - December 2, 2017

Nov 26 Sunday	Nov 30 Thursday
<p style="text-align: center;"><u>Cardio Workout: How to Lose Weight</u></p> <p>One Leg Back Lunge Bridge Raise <i>The XHIT Cardio Workout will take about 10 minutes.</i> High Knees Burpees One Leg Back Lunge Bridge Raise w/Leg in Air Butt Kicks Skater Hops Squat to Lateral Leg Lift Bridge Raise w/Leg in Air Jumping Jacks Squat Jumps Squat to Lateral Leg Lift Jab-Cross Kick <i>1 Hour Walk Outside or on Treadmill</i> Cross Jacks</p>	<p style="text-align: center;"><u>10 Minute Ab Workout: How to Get a Six Pack</u></p> <p>Leg Drops Plank Flutter Kicks Side Plank <i>The XHIT 10 Minute Ab Workout will take about 10 minutes.</i> Scissor Kicks Side Plank Mountain Climbers V-Crunches Repeat Alternating toe Touches Russian Twists <i>1 Hour Walk Outside or on Treadmill</i></p>
Nov 27 Monday	Dec 1 Friday
<p style="text-align: center;"><u>How to Lose Belly Fat: 5 Minute Abs</u></p> <p>Spiderman Planks Hip Thrust Oblique Crunches <i>The XHIT 5 Minute Abs Workout will take about 5 minutes.</i> Side Plank Reach Throughs Full Sit Ups <i>1 Hour Walk Outside or on Treadmill</i></p>	<p style="text-align: center;"><u>Victoria's Secret Angel Butt Workout</u></p> <p>Hamstring Curl and Press <i>The XHIT VS Butt Workout will take about 15 minutes.</i> Kneeling Leg Lifts Fire Hydrant Kicks One Legged Glute Bridge Repeat Ins and Outs Prisoner Squats <i>1 Hour Walk Outside or on Treadmill</i></p>
Nov 28 Tuesday	Dec 2 Saturday
<p style="text-align: center;"><u>How to Get Arms Like a Victoria's Secret Model</u></p> <p>Dips Reverse Flys (weights needed) One leg pushups Curl and Hold (weights needed) Complex shoulder raise (weights needed) Arm Circles <i>The XHIT VS Arms Workout will take about 8 minutes.</i> Curl and Jab (weights needed) Curl and Twist (weights needed) Tricep Kickback (weights needed) <i>1 Hour Walk Outside or on Treadmill</i></p>	<p style="text-align: center;"><u>How To Lose Arm Fat</u></p> <p>Standing V Raise 15 Havyk Raises 15 Shoulder Press 15 Dips 20 Weights needed Kick Back 15 Pushups 15 Tricep Extensions 15 Reverse Curls 15 <i>The XHIT How to lose arm fat Workout will take about 13 minutes.</i> In & Out Curls 20 Curl Holds 5 Inside Curls 10 Reverse Flys 10 <i>1 Hour Walk Outside or on Treadmill</i></p>
Nov 29 Wednesday	Notes
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Dec 3 Sunday <p style="text-align: center;"><u>Cardio Workout: How to Lose Weight</u></p> <p>One Leg Back Lunge Bridge Raise The XHIT Cardio Workout will take about 10 minutes. High Knees Burpees One Leg Back Lunge Bridge Raise w/Leg in Air Butt Kicks Skater Hops Squat to Lateral Leg Lift Bridge Raise w/Leg in Air Jumping Jacks Squat Jumps Squat to Lateral Leg Lift Jab-Cross Kick 1 Hour Walk Outside or on Treadmill Cross Jacks</p>	Dec 7 Thursday <p style="text-align: center;"><u>10 Minute Ab Workout: How to Get a Six Pack</u></p> <p>Leg Drops Plank Flutter Kicks Side Plank The XHIT 10 Minute Ab Workout will take about 10 minutes. Scissor Kicks Side Plank Mountain Climbers V-Crunches Repeat Alternating toe Touches Russian Twists 1 Hour Walk Outside or on Treadmill</p>																																																												
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December 10 - 16, 2017

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December 17 - 23, 2017

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December 24 - 30, 2017

Dec 24 Sunday	Dec 28 Thursday
<u>Cardio Workout: How to Lose Weight</u>	<u>10 Minute Ab Workout: How to Get a Six Pack</u>
<p>One Leg Back Lunge Bridge Raise The XHIT Cardio Workout will take about 10 minutes.</p> <p>High Knees Burpees</p> <p>One Leg Back Lunge Bridge Raise w/Leg in Air</p> <p>Butt Kicks Skater Hops</p> <p>Squat to Lateral Leg Lift Bridge Raise w/Leg in Air</p> <p>Jumping Jacks Squat Jumps</p> <p>Squat to Lateral Leg Lift Jab-Cross Kick 1 Hour Walk Outside or on Treadmill</p> <p>Cross Jacks</p>	<p>Leg Drops Plank</p> <p>Flutter Kicks Side Plank The XHIT 10 Minute Ab Workout will take about 10 minutes.</p> <p>Scissor Kicks Side Plank</p> <p>Mountain Climbers</p> <p>V-Crunches Repeat</p> <p>Alternating toe Touches</p> <p>Russian Twists 1 Hour Walk Outside or on Treadmill</p>
Dec 25 Monday	Dec 29 Friday
<u>How to Lose Belly Fat: 5 Minute Abs</u>	<u>Victoria's Secret Angel Butt Workout</u>
<p>Christmas Day</p> <p>Spiderman Planks</p> <p>Hip Thrust</p> <p>Oblique Crunches The XHIT 5 Minute Abs Workout will take about 5 minutes.</p> <p>Side Plank Reach Throughs</p> <p>Full Sit Ups</p> <p style="text-align: center;">1 Hour Walk Outside or on Treadmill</p>	<p>Hamstring Curl and Press The XHIT VS Butt Workout will take about 15 minutes.</p> <p>Kneeling Leg Lifts</p> <p>Fire Hydrant Kicks</p> <p>One Legged Glute Bridge Repeat</p> <p>Ins and Outs</p> <p>Prisoner Squats 1 Hour Walk Outside or on Treadmill</p>
Dec 26 Tuesday	Dec 30 Saturday
<u>How to Get Arms Like a Victoria's Secret Model</u>	<u>How To Lose Arm Fat</u>
<p>Dips Reverse Flys (weights needed)</p> <p>One leg pushups Curl and Hold (weights needed)</p> <p>Complex shoulder raise (weights needed)</p> <p>Arm Circles The XHIT VS Arms Workout will take about 8 minutes.</p> <p>Curl and Jab (weights needed)</p> <p>Curl and Twist (weights needed)</p> <p>Tricep Kickback (weights needed) 1 Hour Walk Outside or on Treadmill</p>	<p>Standing V Raise 15 Havyk Raises 15</p> <p>Shoulder Press 15 Dips 20 Weights needed</p> <p>Kick Back 15 Pushups 15 The XHIT How to lose arm fat Workout will take about 13 minutes.</p> <p>Tricep Extensions 15 Reverse Curls 15</p> <p>In & Out Curls 20 Curl Holds 5</p> <p>Inside Curls 10</p> <p>Reverse Flys 10 1 Hour Walk Outside or on Treadmill</p>
Dec 27 Wednesday	Notes
<u>Victoria's Secret Angel Butt Workout</u>	<u>Foods to Avoid this week</u>
<p>Hamstring Curl and Press The XHIT VS Butt Workout will take about 15 minutes. Repeat twice.</p> <p>Kneeling Leg Lifts</p> <p>Fire Hydrant Kicks</p> <p>One Legged Glute Bridge</p> <p>Ins and Outs 1 Hour Walk Outside or on Treadmill</p> <p>Prisoner Squats</p>	<p>no bagels/buns No Syrup</p> <p>No Fast Food Bologna Hot Dogs Candy Bars Hash browns</p> <p>Cottage Cheese Ice Cream Bacon/Brats All other Candy Tator Tots</p> <p>Butter Cheese/Pizza Muffins Chips Crackers</p> <p>Mayo Gummy Candy Pkg. Lunch Meat Use My Fitness Pal White Bread</p> <p>Milk Soda Cake/Pie/Brownies Dried Fruit French Fries</p> <p>Pudding Pop tarts Cookies Ketchup No Sugary Cereal</p> <p>Cream in Coffee Yogurt No Granola Bars Salad Dressing No frozen breakfasts</p> <p>Sour Cream Salami/Ham Only homemade Dips (waffles, toaster strudels, etc)</p> <p>Cream Cheese No Vending Machines/Bring lunch Jelly No potatoes (only sweet potatoes)</p> <p>Donuts Eat from 8:00am - 8:00pm only eat 100% whole grain/wheat</p>

December 31, 2017 - January 6, 2018

Dec 31 Sunday	Jan 4 Thursday
<p style="text-align: center;"><u>Cardio Workout: How to Lose Weight</u></p> <p>One Leg Back Lunge Bridge Raise The XHIT Cardio Workout will take about 10 minutes. High Knees Burpees One Leg Back Lunge Bridge Raise w/Leg in Air Butt Kicks Skater Hops Squat to Lateral Leg Lift Bridge Raise w/Leg in Air Jumping Jacks Squat Jumps Squat to Lateral Leg Lift Jab-Cross Kick 1 Hour Walk Outside or on Treadmill Cross Jacks</p>	
Jan 1 Monday	Jan 5 Friday
<p>New Year's Day</p> <p>GREAT JOB!! We did it!! Happy New Years!!</p> <p>Keep it up!! Don't stop!! Try and continue this goals to make 2018 a happy and healthy year!!</p>	
Jan 2 Tuesday	Jan 6 Saturday
Jan 3 Wednesday	Notes