



WE CHANGE LIVES

EST *Challenge* 2018

WORKOUT

P R O G R A M

THIS PROGRAM WILL BE BROKEN DOWN INTO 3 DIFFERENT TIERS OF DIFFICULTY WHICH ARE DEFINED BY 3 COLORS:

GREEN	BEGINNER
ORANGE	INTERMEDIATE
RED	ADVANCED

The **GREEN** Beginner level is going to be for someone who has just recently started their fitness journey and are making their first steps towards a lifestyle change.

The **ORANGE** Intermediate level is going to be for someone who has been working out on and off for a while now and is comfortable doing different/more difficult exercises. This will also be a great for someone who has started the beginner program and found it to be too easy.

The **RED** Advanced level is going to be for someone who has been working out consistently and is looking to change up their routine with a new style or new challenge. This will also be great for someone who has started the intermediate program and found it to be too easy.



While doing the WE CHANGE LIVEZ CHALLENGE you will have the option to do your own workouts as well as this one we are providing. It is not required to do this program but we wanted to make sure everyone had the tools to achieve their goals and maybe try something new!

The idea behind this program is that each week you will be doing the same workout, and you will be trying to progressively overload. Simply put you will try to match the weight and reps you did in the previous workout or do better than the previous workout.

EXAMPLE: What this means is if one week you get 6 reps of 135lbs for all 4 sets on squats, your goal is to try and get 7 or 8 reps for all those sets the following week. Then if you hit 8 reps for 135, increase your weight by 10 lbs and try to get atleast 6 reps of 145 for all 4 sets.



TIER 1

BEGINNER

DAY 1 // LOWER BODY	
Air Squats Bodyweight	5 sets 15 reps
Lunges Bodyweight	4 sets 12 reps each side
Leg Extensions	4 sets 12 reps
Hamstring Curls	4 sets 12 reps
Cardio 6 Intervals	10 Sec. ON–50 Sec. OFF

DAY 2 // UPPER BODY	
Push Ups (Assist if Needed)	5 sets 10–12 reps
Pulldowns	5 sets 10–12 reps
DB Shoulder Press	4 sets 10–12 reps
Standing Lateral Raises	4 sets 12 reps

DAY 3 // LOWER BODY	
Air Squats Bodyweight	5 sets 15 reps
Lunges Bodyweight	4 sets 12 reps each side
Leg Extensions	4 sets 12 reps
Hamstring Curls	4 sets 12 reps
Cardio 6 Intervals	10 Sec. ON–50 Sec. OFF

DAY 4 // UPPER BODY	
Push Ups (Assist if Needed)	5 sets 10–12 reps
Pulldowns	5 sets 10–12 reps
DB Shoulder Press	4 sets 10–12 reps
Standing Lateral Raises	4 sets 12 reps

DAY 5 // CARDIO	
Treadmill/Walk	30 Minutes
6 Intervals	Run/Jog 15 Seconds Walk 1 Minute

DAY 6 // ACTIVE REST	
Go outside and do an activity or a sport that isn't working out.	

DAY 7 // REST	
REST / FOAM ROLL / RECOVER / STRETCH	

TIER 2

INTERMEDIATE

DAY 1 // LOWER BODY

Barbell/Goblet Squats	5 sets 6–8 reps
DB Lunges	5 sets 10–12 reps
DB RDLs	4 sets 12 reps
Leg Extensions	4 sets 12 reps
Hamstring Curls	4 sets 12 reps
Cardio 6 Intervals	10 Sec. ON–50 Sec. OFF

DAY 2 // UPPER BODY

Pull Ups (Assist if Needed)	5 sets 8–10 reps
DB Bench Press	5 sets 8–10 reps
DB Shoulder Press	4 sets 10–12 reps
Standing Lateral Raises	4 sets 12 reps
DB Curls	4 sets 10–12 reps
Tricep Pushdown	4 sets 10–12 reps

DAY 3 // LOWER BODY

DB/Barbell Deadlifts	5 sets 6–8 reps
Front Squat/Goblet Squat	5 sets 10–12 reps
DB RDLs	4 sets 12 reps
Leg Extensions	4 sets 12 reps
Hamstring Curls	4 sets 10–12 reps
Cardio 6 Intervals	10 Sec. ON–50 Sec. OFF

DAY 4 // LOWER BODY

Pull Ups (Assist if Needed)	5 sets 8–10 reps
DB Bench Press	5 sets 8–10 reps
DB Shoulder Press	4 sets 10–12 reps
Standing Lateral Raises	4 sets 12 reps
DB Curls	4 sets 10–12 reps
Tricep Pushdown	4 sets 10–12 reps

DAY 5 // CARDIO

Treadmill/Walk	30 Minutes
6 Intervals	Run/Jog 15 Seconds Walk 1 Minute

DAY 6 // ACTIVE REST

Go outside and do an activity or a sport that isn't working out.

DAY 7 // REST

REST / FOAM ROLL / RECOVER / STRETCH

TIER 3

ADVANCED

DAY 1 // LOWER BODY	
Barbell Back Squats	5 sets 6–8 reps
Bulgarian Split Squats	5 sets 10–12 reps
DB RDLs	4 sets 12 reps
Leg Extensions	4 sets 12 reps
Hamstring Curls	4 sets 12 reps
Cardio 6 Intervals	10 Sec. ON–50 Sec. OFF

DAY 4 // LOWER BODY	
Pull Ups (Assist if Needed)	5 sets 8–10 reps
DB Bench Press	5 sets 8–10 reps
DB Shoulder Press	4 sets 10–12 reps
Standing Lateral Raises	4 sets 12 reps
DB Curls	4 sets 10–12 reps
Tricep Pushdown	4 sets 10–12 reps

DAY 2 // UPPER BODY	
Pull Ups	5 sets 8–10 reps
DB Bench Press	5 sets 8–10 reps
DB Shoulder Press	4 sets 10–12 reps
Standing Lateral Raises	4 sets 12 reps
DB Curls	4 sets 10–12 reps
Tricep Pushdown	4 sets 10–12 reps

DAY 5 // CARDIO	
Walk/Air Bike/Rower	30 Minutes
8 Intervals	Run 15 Seconds Walk 1 Minute
	OR
	Sprint 15 Seconds Slow 15 Seconds

DAY 3 // LOWER BODY	
Deadlifts	5 sets 6–8 reps
Front Squat/Goblet Squat	5 sets 10–12 reps
DB Lunges	4 sets 12 reps
Leg Extensions	4 sets 12 reps
Hamstring Curls	4 sets 10–12 reps
Cardio 6 Intervals	10 Sec. ON–50 Sec. OFF

DAY 6 // FULL BODY SUPERSETS	
DB Thrusters Squat/Press	4 sets 10 reps
Cable Pulldown Box Jumps	4 sets 10–12 reps
Cable Crunches Leg Raises	3 sets 10–12 reps
Leg Extensions Hamstring Curls	3 sets 12 reps
Hamstring Curls	4 sets 10–12 reps

DAY 7 // REST
REST / FOAM ROLL / RECOVER / STRETCH