



60 Day

Challenge Workouts

For Women



WEEKLY SCHEDULE

WEEKS 1–3

M_{ON}DAY – W_{OR}K_OUT A

T_UESDAY – W_{OR}K_OUT B

W_EDNESDAY – BREAK

T_HURSDAY – W_{OR}K_OUT C

F_RIDAY – W_{OR}K_OUT D

S_ATURDAY – W_{OR}K_OUT E

S_UNDAY – W_{OR}K_OUT F

WŌRKŌUT A

| EXERCISE | SETS | REPS |
|----------------|------|------------|
| CRUNCHES | 3 | 20 REPS |
| PLANK | 3 | 45 SECONDS |
| REVERSE CRUNCH | 3 | 15 REPS |
| SQUAT | 3 | 10 REPS |
| LEG RAISE | 3 | 12-15 REPS |

WŌRKŌUT B

| EXERCISE | SETS | REPS |
|-------------------|------|--------------|
| AIR BIKES | 3 | 20 |
| PUSH UP | 3 | 5 |
| WIDE STANCE SQUAT | 3 | 25 |
| SIDE CRUNCHES | 3 | 20 EACH SIDE |
| PLANK | 3 | 45-1 MIN |

WŌRKŌUT C

| EXERCISE | SETS | REPS |
|-------------------|------|-------------------|
| SCISSOR KICK | 3 | 20 |
| REVERSE CRUNCH | 3 | 15 |
| SQUAT | 3 | 20 |
| LEG LIFT | 3 | 25 EACH SIDE |
| JACK KNIFE SIT UP | 3 | 15 GO FOR FAILURE |

WÖRKÖUT D

| EXERCISE | SETS | REPS |
|-------------------------|------|--------------|
| LEG RAISE | 3 | 20 |
| PIKE | 3 | 15 |
| CRUNCH | 3 | 20 |
| ROMANIAN TWIST | 3 | 25 EACH SIDE |
| CRUNCH WITH FEET IN AIR | 3 | 15 |

WÖRKÖUT E

| EXERCISE | SETS | REPS |
|------------------------|------|------|
| BRIDGE | 3 | 20 |
| SIDE PLANK | 3 | 15 |
| AIR BIKES | 3 | 20 |
| CRUNCH | 3 | 25 |
| FRONT LUNGE WITH TWIST | 3 | 25 |

WÖRKÖUT F

| EXERCISE | SETS | REPS |
|------------------------|------|-------------------|
| FRONT LUNGE WITH TWIST | 3 | 20 |
| SIDE CRUNCH | 3 | 15 |
| FAST HIGH KNEE | 3 | 20 SECONDS |
| SQUAT | 3 | 25 |
| BALL CRUNCH | 3 | 15 GO FOR FAILURE |

WEEKS 4–6

WEEKLY SCHEDULE

MŌNDAY – WŌRKŌUT G

TUESDAY– WŌRKŌUT H

WEDNESDAY– BREAK

THURSDAY– WŌRKŌUT I

FRIDAY– WŌRKŌUT J

SAUTRUDAY– WŌRKŌUT K

SUNDAY– WŌRKŌUT L

WŌRKŌUT G

| EXERCISE | SETS | REPS |
|----------------------|------|------------|
| SUMO SQUAT | 3 | 20 REPS |
| WIDE PUSH UP ON KNEE | 3 | 10 REPS |
| STANDING CALF RASIE | 3 | 15 REPS |
| SCISSOR KICK | 3 | 10 REPS |
| REVERSE CRUNCH | 3 | 12-15 REPS |

WŌRKŌUT H

| EXERCISE | SETS | REPS |
|-------------------|------|--------------|
| WIDE STANCE SQUAT | 3 | 20 |
| RENEGADE ROWS | 3 | 15 EACH SIDE |
| BRIDGE | 3 | 25 |
| BICYCLE CRUNCH | 3 | 20 EACH SIDE |
| OVERHEAD DUMBBELL | 3 | 15 |

WŌRKŌUT I

| EXERCISE | SETS | REPS |
|------------------|------|-------------------|
| LUNGE WITH TWIST | 3 | 20 SEC |
| BRIDGE | 3 | 15 |
| SQUATS | 3 | 20 |
| PUSH UP ON KNEE | 3 | 15 |
| REVERSE CRUNCH | 3 | 15 GO FOR FAILURE |

WÖRKÖUT J

| EXERCISE | SETS | REPS |
|-------------------------|------|------------|
| CRUNCHES | 3 | 20 REPS |
| PLANK | 3 | 45 SECONDS |
| REVERSE CRUNCH | 3 | 15 REPS |
| SQUAT | 3 | 10 REPS |
| MILITARY DUMBBELL PRESS | 3 | 12-15 REPS |

WÖRKÖUT K

| EXERCISE | SETS | REPS |
|-------------------|------|--------------|
| AIR BIKES | 3 | 20 |
| RENEGADE ROWS | 3 | 5 |
| WIDE STANCE SQUAT | 3 | 25 |
| SIDE CRUNCHES | 3 | 20 EACH SIDE |
| PLANK | 3 | 45-1 MIN |

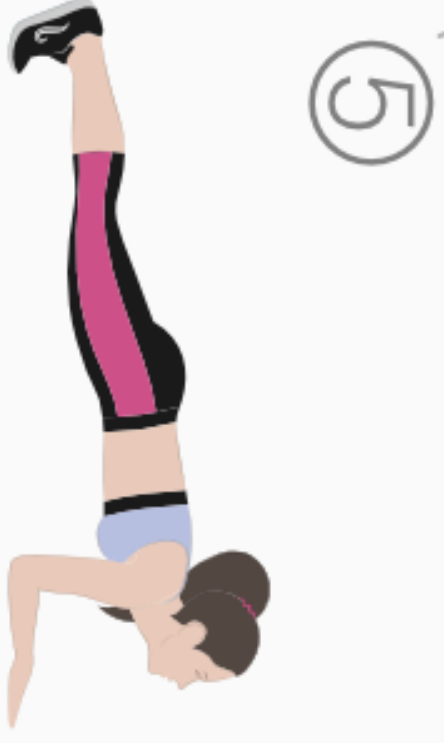
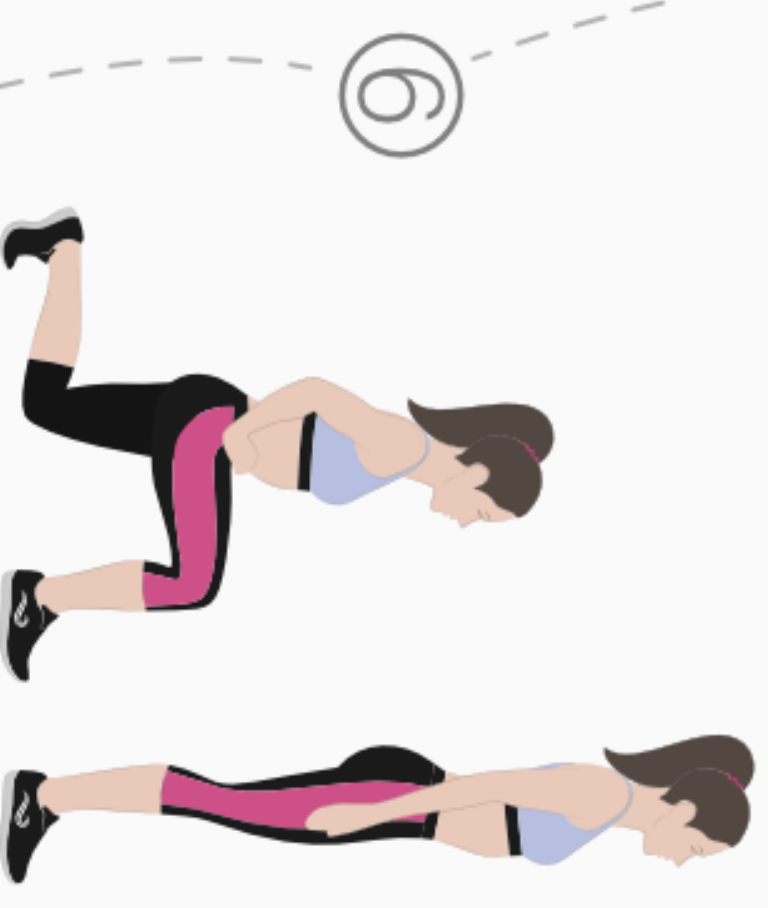
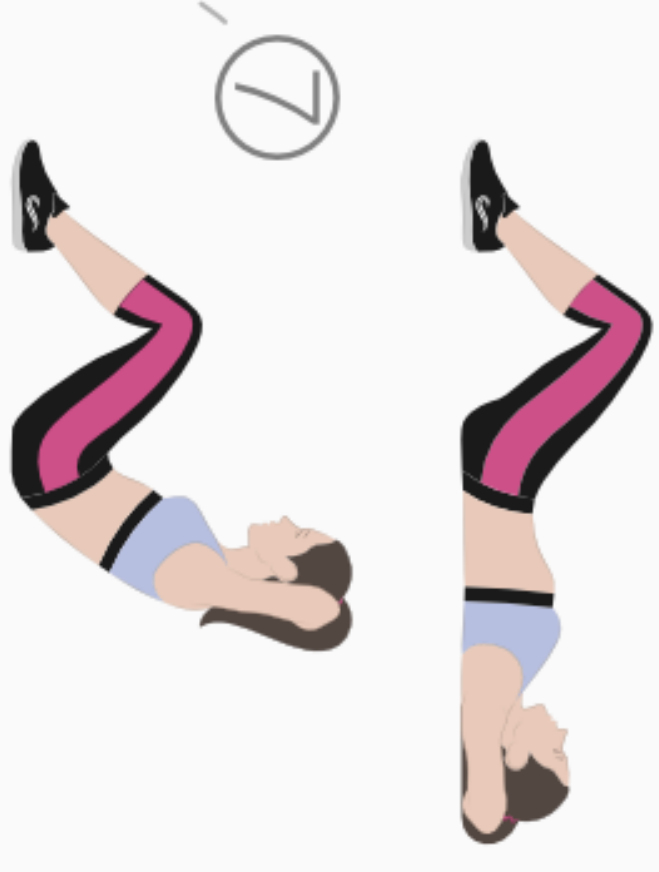
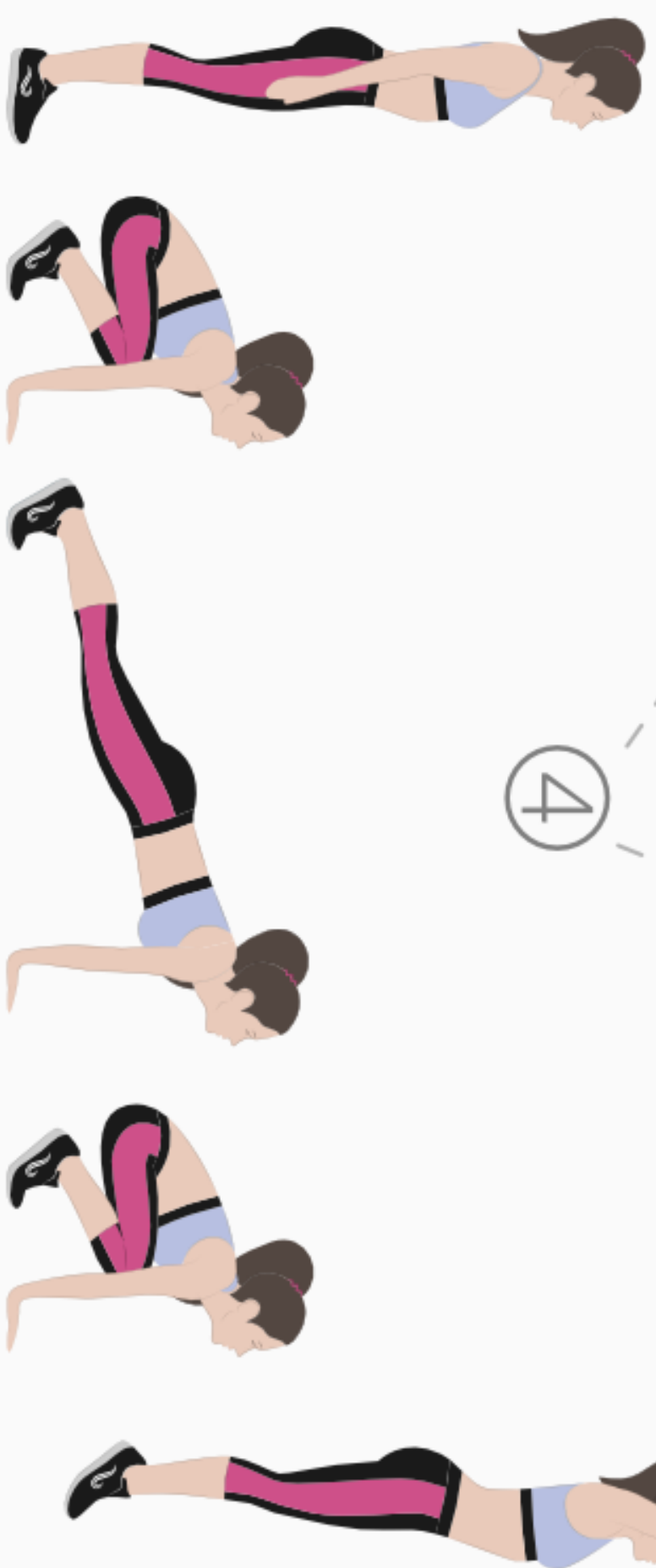
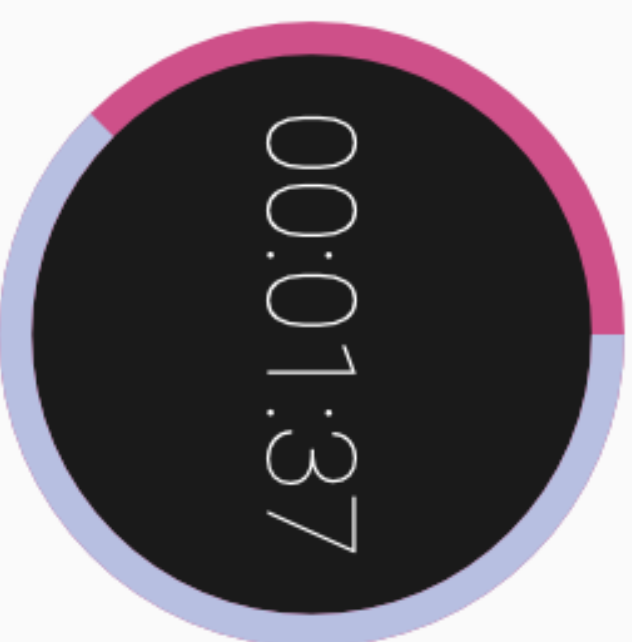
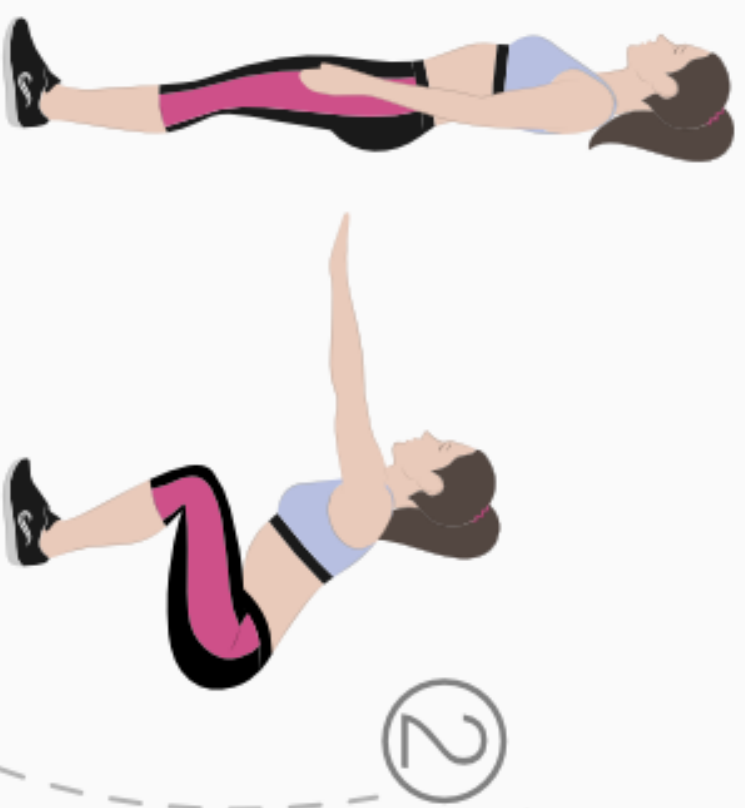
WÖRKÖUT L

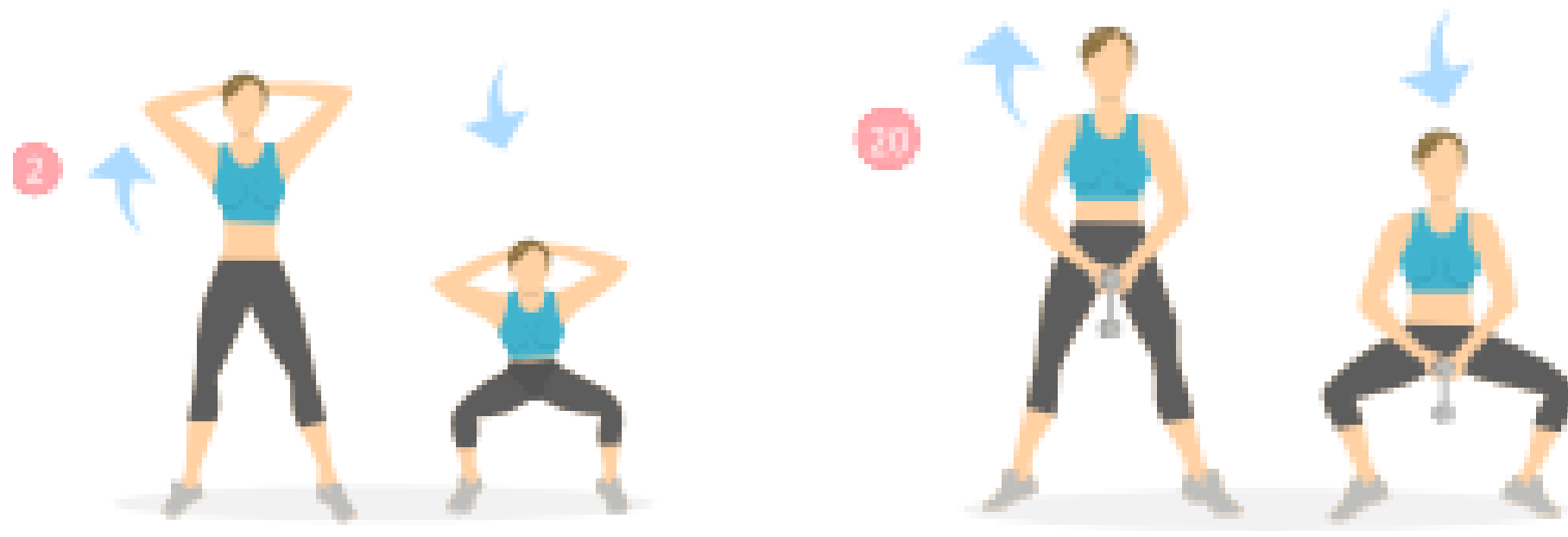
| EXERCISE | SETS | REPS |
|-------------------------|------|-------------------|
| SCISSOR KICK | 3 | 20 |
| REVERSE CRUNCH | 3 | 15 |
| SQUAT | 3 | 20 |
| LUNGES | 3 | 15 EACH SIDE |
| MILITARY DUMBBELL PRESS | 3 | 15 GO FOR FAILURE |

BONUS!

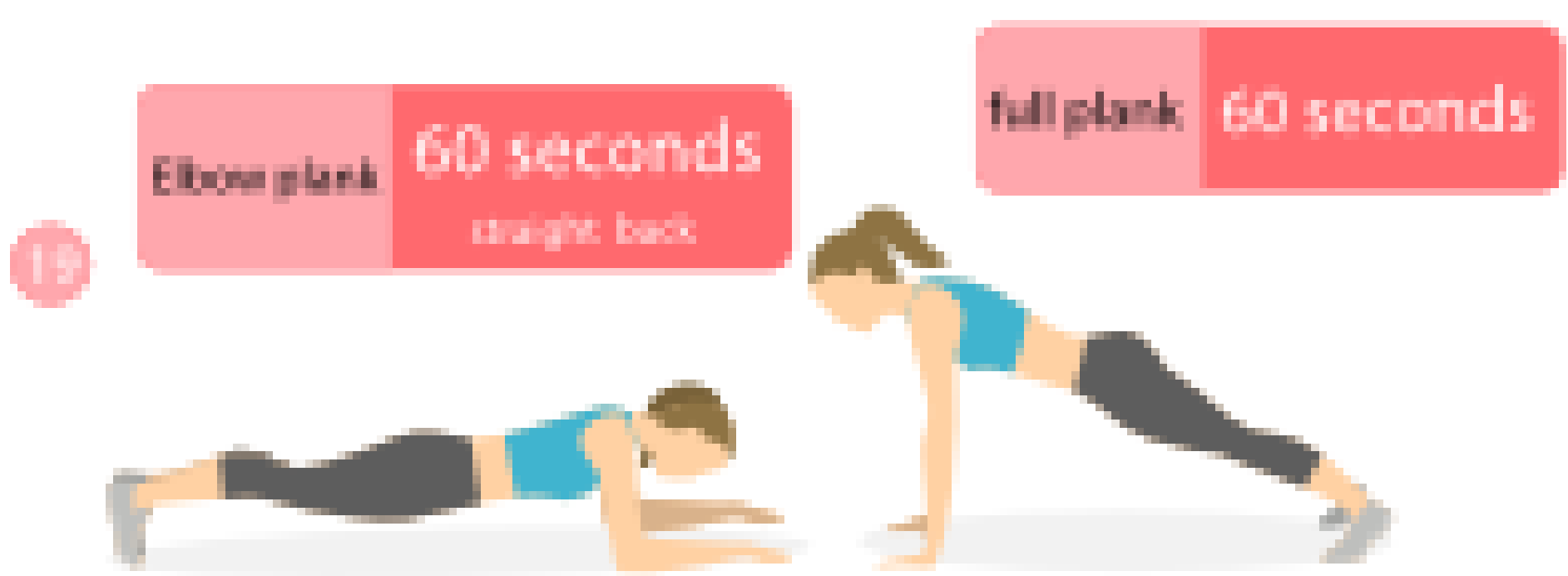
THE 7 MOST EFFECTIVE BODYWEIGHT EXERCISES FOR WOMEN

1. Leg Lifts
2. Squat
3. Push-Ups
4. Jump Up Burpee
5. Plank
6. Lunges
7. Sit-Ups

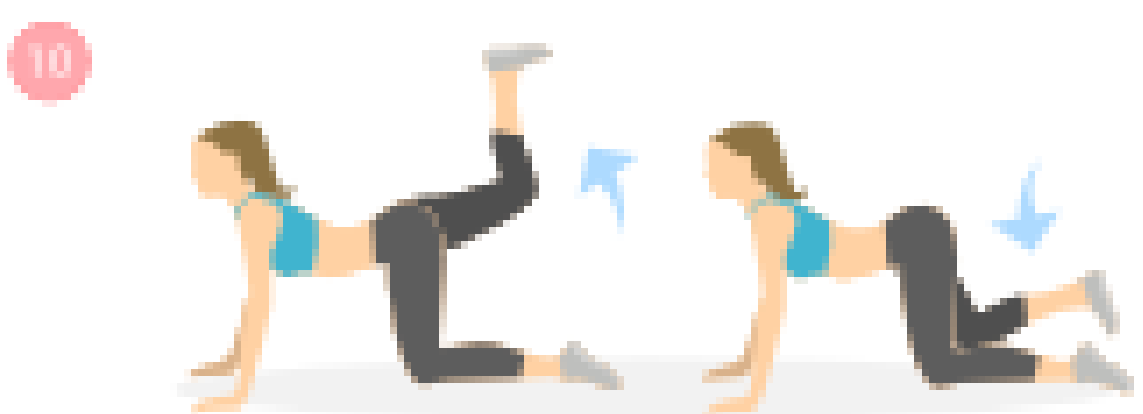




SQUAT



PLANK



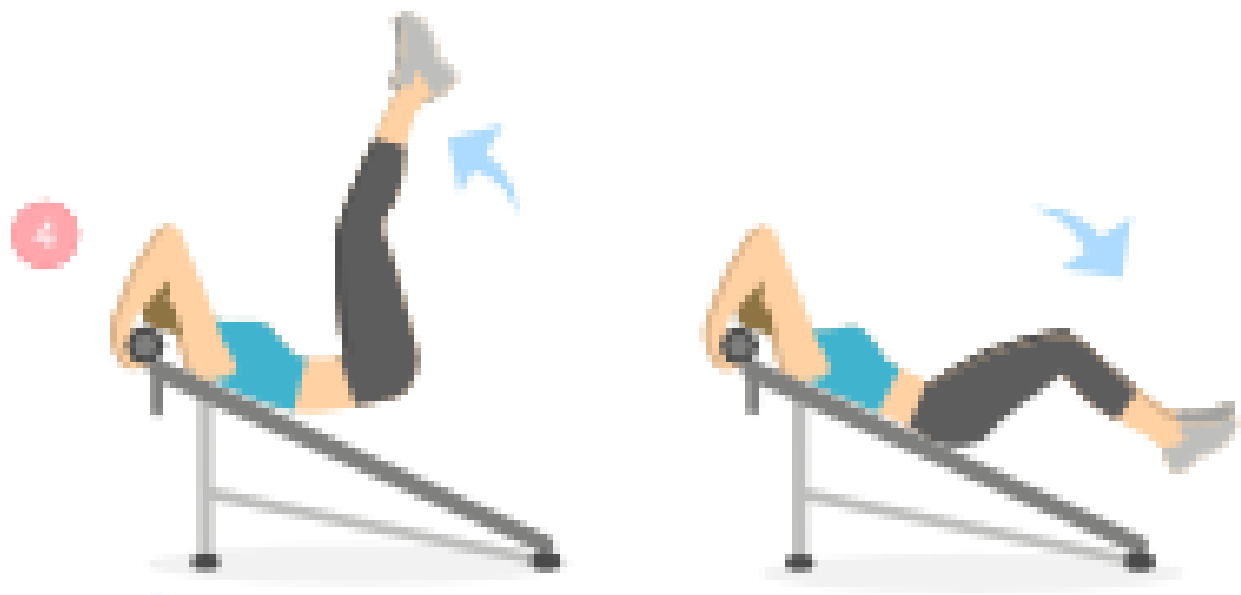
LEG RAISE



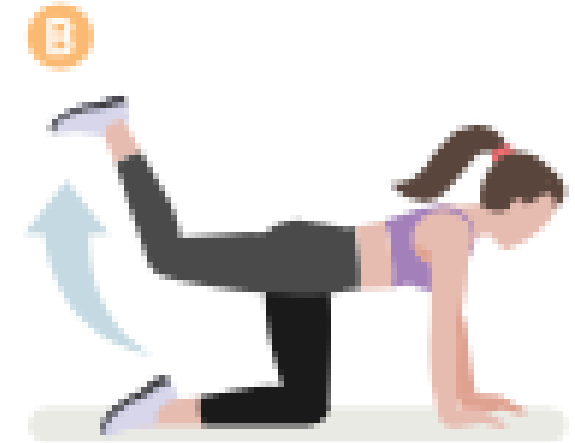
LUNGE W/ WEIGHT



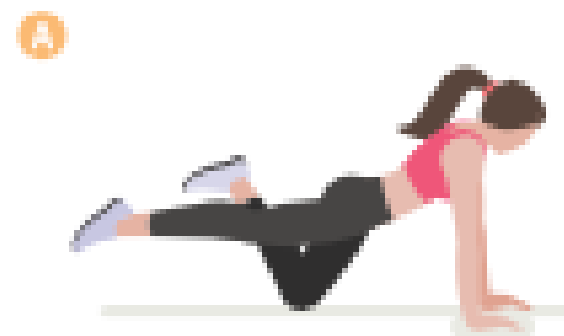
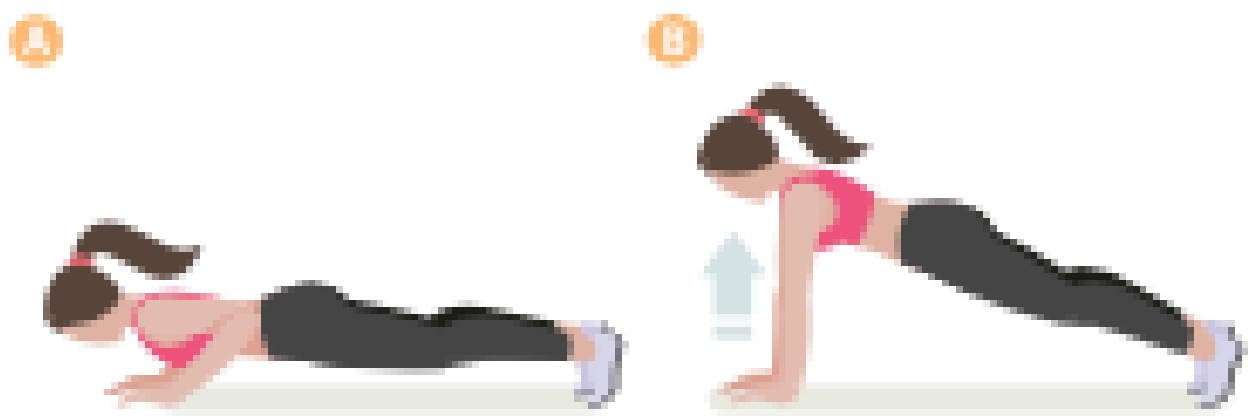
BICYCLE



REVERSE CRUNCH



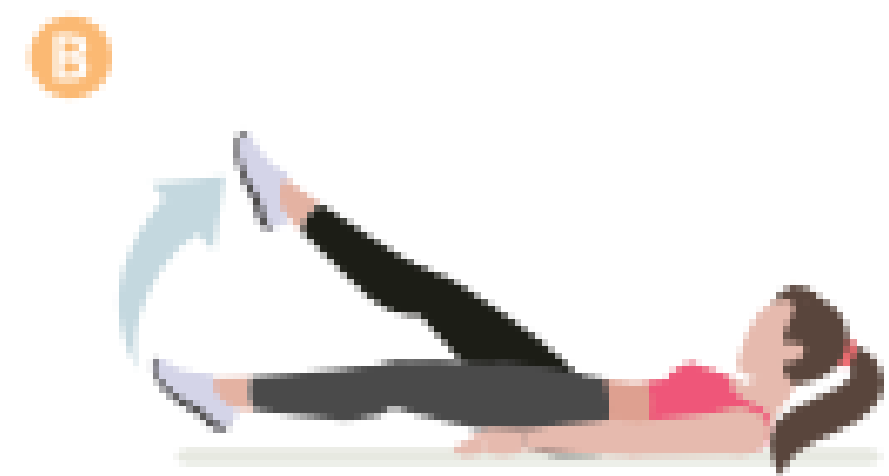
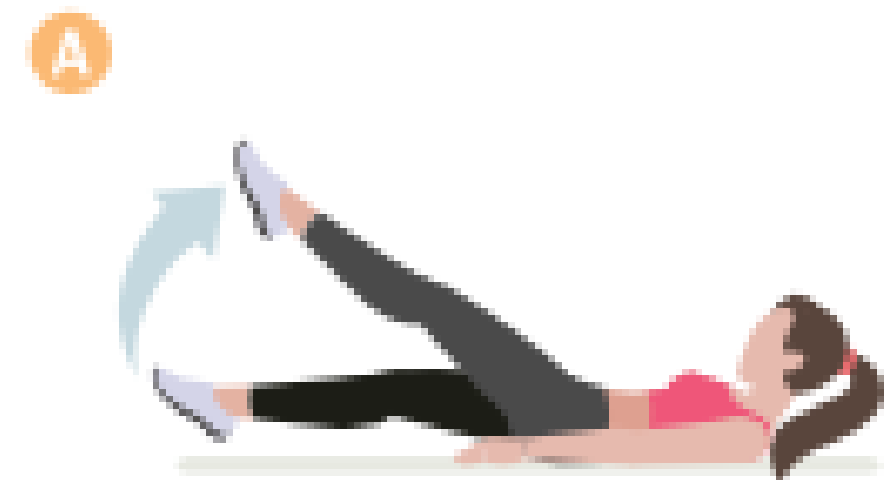
LEG LIFT



PUSHUP VARIATIONS



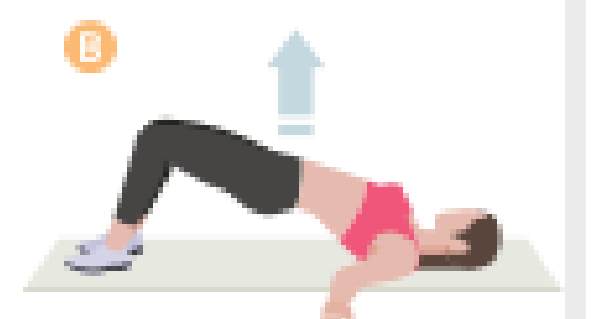
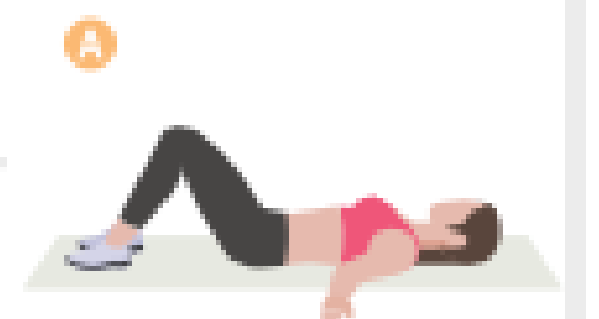
SIDE CRUNCH



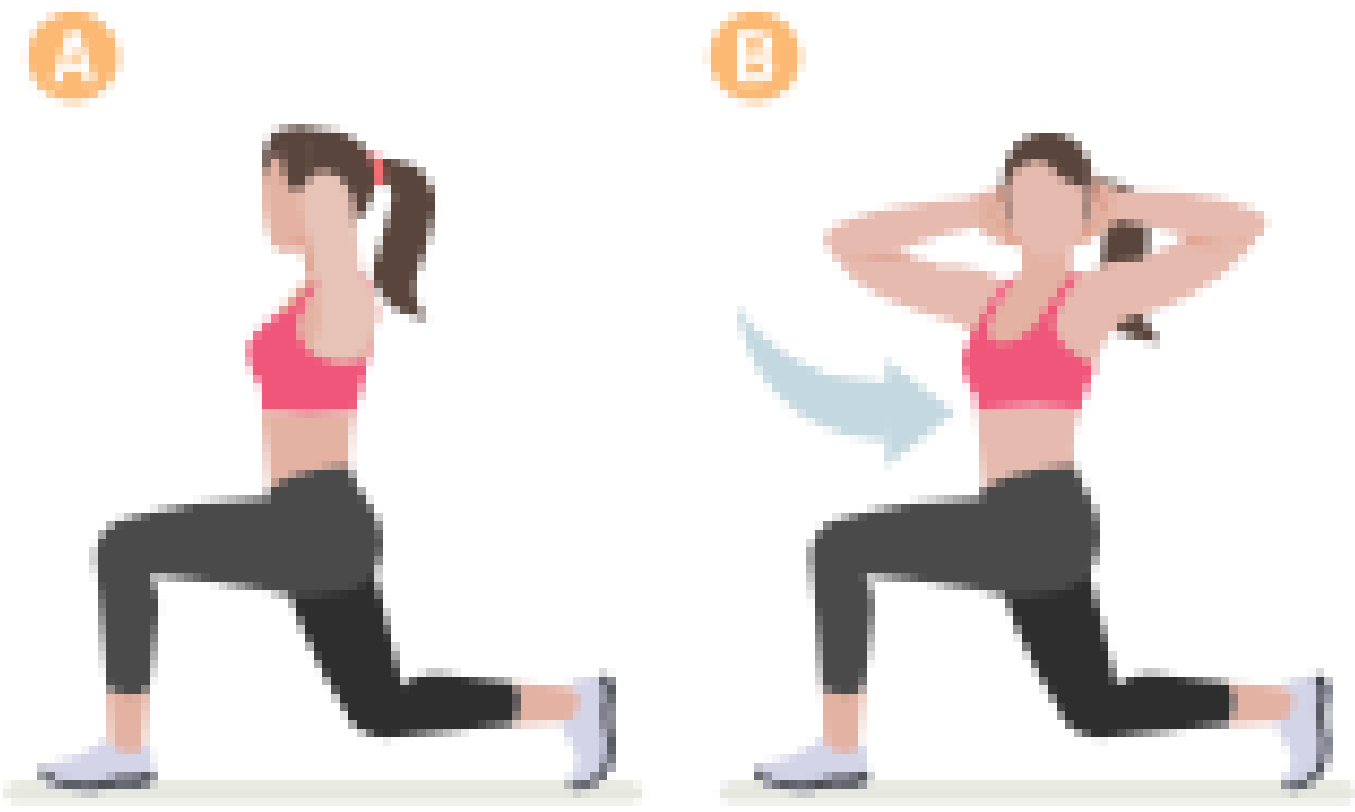
SCISSOR KICKS



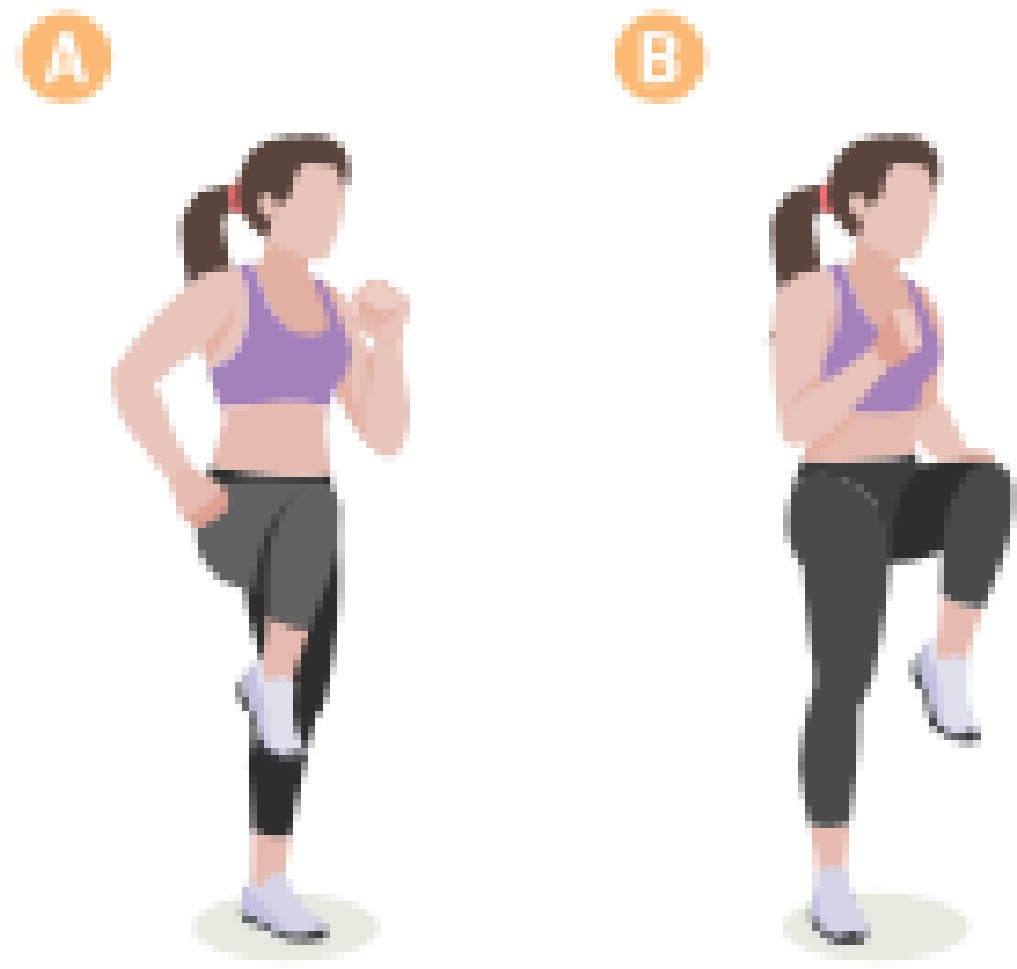
JACK KNIFE



BRIDGE



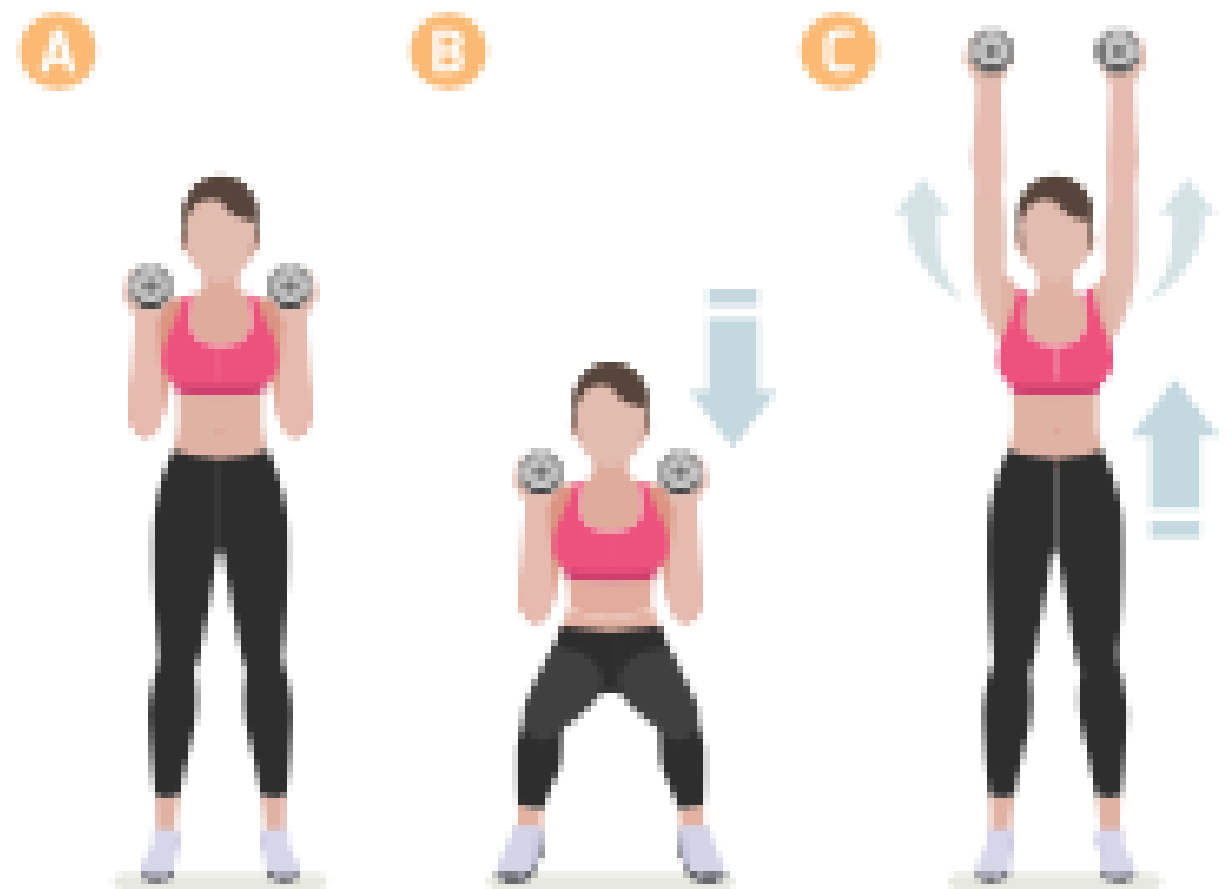
LUNGE TWIST



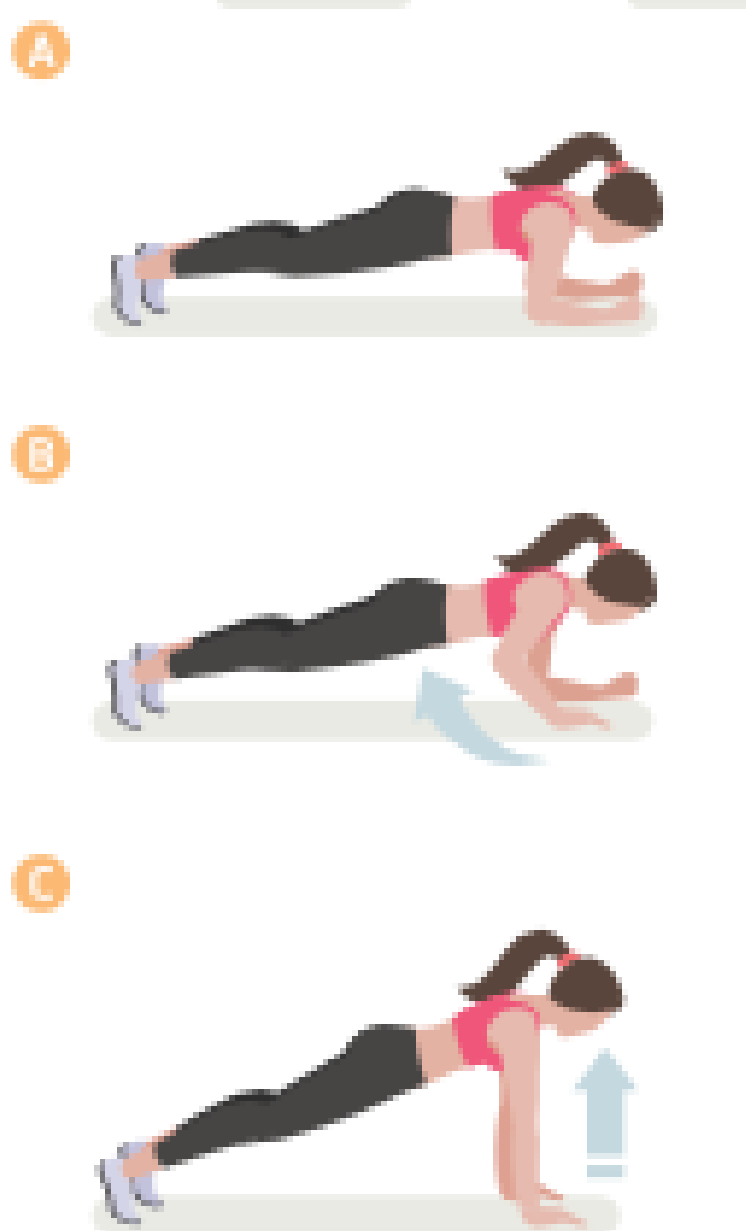
HIGH KNEES



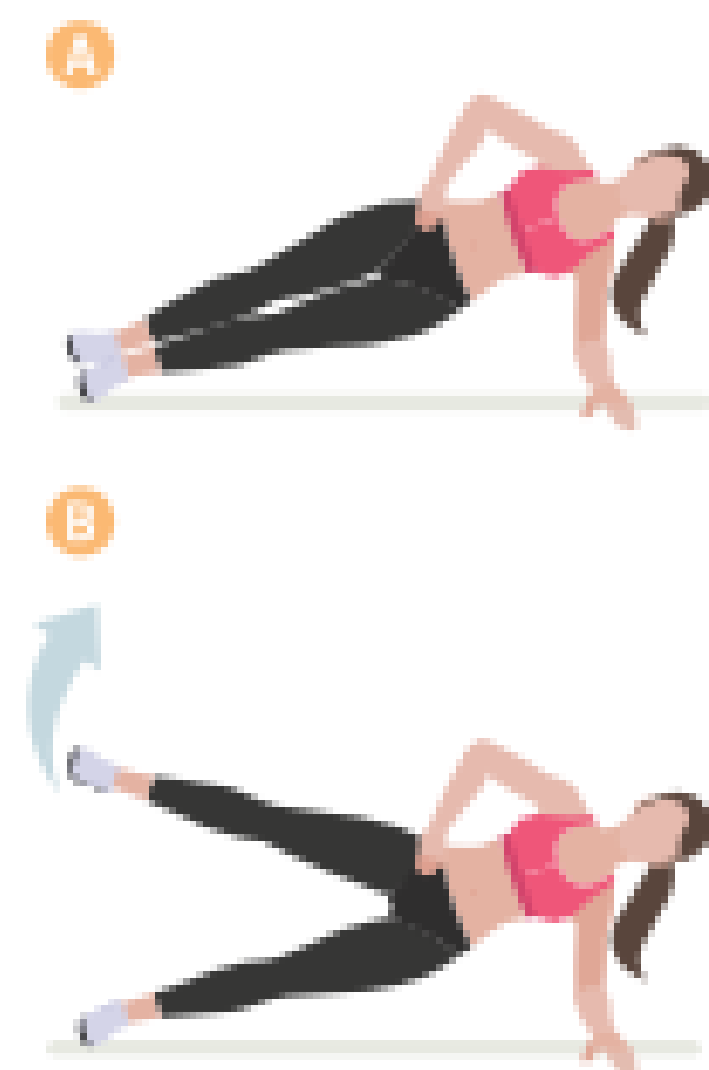
BALL CRUNCH



OVERHEAD DUMBBELL PRESS



RENEGADE ROWS



SIDE CRUNCH VARIATION

PLEASE CONSULT WITH PHYSICIAN PRIOR TO STARTING ANY EXERCISE PROGRAM.

MODIFIED VERSIONS OF EACH EXERCISE MAY BE PERFORMED IF NEEDED.

TONI SWEENEY | TS TRANSFORMATIONS