

## DAY EIGHT OF JOEY'S 30 DAY CHALLENGE



Day Nine, Today's challenges are all about familiarity. All except today's workout which is why I have made everything else easy and familiar for you. Your main Goal is to complete the workout set in its entirety.

Have a blessed day :0)

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### TODAYS CHECKLIST / LOG SHEET

Date \_\_\_\_\_

**Exercise Challenges:** \_\_\_\_\_ YES \_\_\_\_\_ NO

Weight Training Home

Workout with dumbbells

**Flexibility Challenges:** \_\_\_\_\_ YES \_\_\_\_\_ NO

5 Favorite Stretches

Stretching after Workout

**Nutritional Challenges:** \_\_\_\_\_ YES \_\_\_\_\_ NO

2 Favorite Nutrition

Challenges

**Mind/Body Challenges:** \_\_\_\_\_ YES \_\_\_\_\_ NO

Favorite Meditation:

**Record your workouts** \_\_\_\_\_ YES \_\_\_\_\_ NO

**and meals in your  
journal**

If you did complete all the assignments, write down what you found the most challenging and why:

List any other tasks you'd like to accomplish in addition to or instead of the challenges listed above:

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### Exercise Challenge:

#### **Today's Challenge: Home Workout.**

**You will need a set of dumbbells that are challenging to you  
Ladies 8lbs or 10lbs and Guys 15lbs or 20lbs**

So lets get you set up for a home workout

Push Ups - 3 sets of 15 - take a maximum of 1 minute recovery between each set.

50 Bicycle Crunches - 25 of them fast and the last 25 slow with control and exaggerating the twist of the trunk trying to get the elbow to knee connection each time.

50 Jump Squats - Start in a nice low squat, leap up from your squat and reach towards the ceiling and then land back in your squat position - you have 50 to complete - feel free to take mini breaks after every 10 or 15 if needed.

50 Dumbbell Lunges - I have spoken about form with lunges already in this challenge - same rule applies. Back knee almost touches the ground, front knee does not go past the front toes, chest back tall posture and try and go directly from one lunge to the next - a minute recovery can be taken at 25 if needed.

Push ups - 3 sets of 15 - take a 1 minute break between each set.

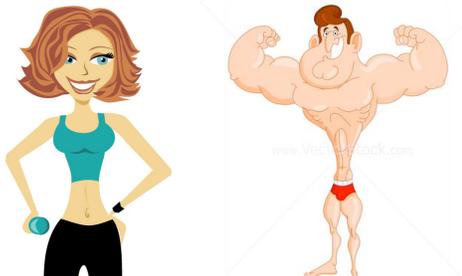
Bicep Curls - 4 sets of 15 - take a 30 - 45 second recovery between each set. Make sure you are getting a full range of motion. Arms down all the way till straight and then curl up. Back stays straight and as you tire do not go in to panic mode and just keep curling and believe it will come up.

100 Dumbbell Squats - Again taking mini breaks as needed. Dumbbells are held shoulder level.. Feet at around hip width apart. Keep the weight in your heels as you sink down into a squat. Be mindful of the knees and ensure that they are going in the same direction as the feet and that the knees do not go forward of the toes. Push through the heels to pick yourself back up to an upright standing position and repeat.

250 Crunches of your choice - stay with the one variation you pick for entire 250

Push ups - 3 sets of 10 - take up to a 1 minute break between sets

Go out doors on a 20 minute run - not far, not long - go at a good pace - so that you work a sweat and are somewhat out of breath by the end of it.



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Nutrition Challenge:



Pick 2 of your favorite Nutrition Challenges to date and I would like you to use them as your challenges for today.

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### Flexibility Challenge:

Pick 5 of your favorite stretches to date and use those for your flexibility challenge for today.



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**Meditation/Relaxation Challenge:**

**Pick your favorite Meditation/Relaxation challenge to date and repeat that too.**



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### Daily Log

How'd you do with your challenges today? Use the checklist to cross off everything you accomplished or make notes on what you didn't accomplish and why. You can also use the checklist to make substitutions for any challenges that didn't work for you and even create more challenges for yourself.

