DAY 2

Exercise Name	Date:		
	Sets	Reps	Lbs
20 Minutes of HIIT	1	20 min	

Instructions:

This workout should be exactly 20 minutes.

Use your 5 favorite exercises from yesterday's bonus challenge (or use the example provided) and complete 4 sets of each exercise. Within each set, you will complete the exercise for 40 seconds, followed by 20 seconds of rest. Once you have completed all 4 sets of the first exercise, move on the next, and so on.

Examples include:

1. High Knees
2. Plank Up and Down / Commandos
3. 180 Degree Jumps
4. Burpee Mountain Climbers
5. Alien Kicks

Bonus Challenge Day 2 – Rehab Your Habits

Successfully and sustainably transforming your health and fitness is determined by small changes in habits, consistently over a period of a time. This is the perfect time to jumpstart transforming those habits one by one. Write down 5 habits you currently have that aren't conducive to help you reach your health and fitness goals... And then write one actionable step you can change to transform this habit.

1. Habit: Steps for Change:
2. Habit: Steps for Change:
3. Habit: Steps for Change:
4. Habit: Steps for Change:
5. Habit: Steps for Change:

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