

1. Drink Plenty of water (at least 8 glasses a day)
 2. Track your meals know your calorie count
 3. DO NOT STOP KEEP GOING....even on your worst day.
 4. LOSE all negative thoughts and know that you can do this
- **Always consult your physician before beginning any exercise program.

March 2018 Cardio & Core 100 Day Challenge

www.Tryingtolose.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21 <i>45 mins of Cardio 20- Sit ups 13 -Leg raises 10s -Plank (3 reps) 20-Crunches</i>	22 <i>45 mins of Cardio 25 -Sit ups 16 -Leg raises 10s -Plank (3 reps) 25- Crunches</i>	23 <i>45 mins of Cardio 30 -Sit ups 19- Leg raises 10s- Plank (3 reps) 30- Crunches</i>	24 <i>45 mins of Cardio 35- Sit ups 21- Leg raises 15s- Plank (2 reps) 35- Crunches</i>
25 <i>45 mins of Cardio 40- Sit ups 24- Leg raises 15s- Plank (2 reps) 40- Crunches</i>	26 <i>45 mins of Cardio 45- Sit ups 27- Leg raises 15s- Plank (2 reps) 45- Crunches</i>	27 <i>45 mins of Cardio 50- Sit ups 30- Leg raises 15s- Plank (2 reps) 55- Crunches</i>	28 <i>45 mins of Cardio 55- Sit ups 33- Leg raises 20s- Plank (2 reps) 55- Crunches</i>	29 <i>45 mins of Cardio 60- Sit ups 36- Leg raises 20s- Plank (2 reps) 60- Crunches</i>	30 <i>45 mins of Cardio 65- Sit ups 39- Leg raises 20s- Plank (2 reps) 65- Crunches</i>	31 <i>45 mins of Cardio 70- Sit ups 42- Leg raises 20s- Plank (2 reps) 70- Crunches</i>

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April 2018
Cardio & Core
100 Day Challenge
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 45- mins of Cardio 75- Sit ups 45- Leg raises 25s- Plank (2 reps) 75- Crunches	2 45 mins of Cardio 80- Sit ups 48- Leg raises 25s- Plank (2 reps) 80- Crunches	3 45 mins of Cardio 85- Sit ups 51- Leg raises 25s- Plank (2 reps) 8-5Crunches	4 45 mins of Cardio 90- Sit ups 54-Leg raises 25s- Plank (2 reps) 90Crunches	5 45- mins of Cardio 95- Sit ups 57- Leg raises 30s- Plank (3 reps) 95- Crunches	6 45 mins of Cardio 100- Sit ups 60- Leg raises 30s- Plank (3 reps) 100- Crunches	7 45 mins of Cardio 105- Sit ups 63- Leg raises 30s- Plank (3 reps) 105- Crunches
8 45 mins of Cardio 110- Sit ups 66- Leg raises 30s- Plank (3 reps) 110- Crunches	9 45 mins of Cardio 1115 Sit ups 69 Leg raises 35s Plank (3 reps) 115 Crunches	10 45 mins of Cardio 1115 Sit ups 69 Leg raises 35s Plank (3 reps) 115 Crunches	11 45 mins of Cardio 120-Sit ups 72- Leg raises 35s- Plank (3 reps) 120- Crunches	12 45 mins of Cardio 1115- Sit ups 75- Leg raises 35s- Plank (3 reps) 115- Crunches	13 45 mins of Cardio 120- Sit ups 80- Leg raises 40s- Plank (3 reps) 120- Crunches	14 45 mins of Cardio 125 Sit ups 85 Leg raises 40s Plank (3 reps) 125 Crunches
15 Exercise Ball Time!!! 45 mins of Cardio 5- EB Pike Crunch 10- EB Wall Squat 10- EB Back extension 10-EB Russian Twist	16 45 mins of Cardio 10- EB Pike Crunch 15- EB Wall Squat 15- EB Back extension 15-EB Russian Twist	17 2 Reps of Each EB Workout 45 mins of Cardio 10- EB Pike Crunch 15- EB Wall Squat 15- EB Back extension 15-EB Russian Twist	18 2 Reps of Each EB Workout 45 mins of Cardio 10- EB Pike Crunch 15- EB Wall Squat 15- EB Back extension 15-EB Russian Twist	19 3Reps of Each EB Workout 45 mins of Cardio 10- EB Pike Crunch 15- EB Wall Squat 15- EB Back extension 15-EB Russian Twist	20 3Reps of Each EB Workout 45 mins of Cardio 10- EB Pike Crunch 15- EB Wall Squat 15-EB Russian Twist	21 2 Reps of Each EB Workout 45 mins of Cardio 15- EB Pike Crunch 20- EB Wall Squat 20- EB Back extension 20-EB Russian Twist
22 2 Reps of Each EB Workout 45 mins of Cardio 15- EB Pike Crunch 20- EB Wall Squat 20- EB Back extension 20-EB Russian Twist	23 3 Reps of Each EB Workout 45 mins of Cardio 15- EB Pike Crunch 20- EB Wall Squat 20- EB Back extension 20-EB Russian Twist	24 3 Reps of Each EB Workout 45 mins of Cardio 15- EB Pike Crunch 20- EB Wall Squat 20- EB Back extension 20-EB Russian Twist	25 2 Reps of Each EB Workout 45 mins of Cardio 20- EB Pike Crunch 25- EB Wall Squat 25- EB Back extension 25-EB Russian Twist	26 2 Reps of Each EB Workout 45 mins of Cardio 20- EB Pike Crunch 25- EB Wall Squat 25- EB Back extension 25-EB Russian Twist	27 3 Reps of Each EB Workout 45 mins of Cardio 20- EB Pike Crunch 25- EB Wall Squat 25- EB Back extension 25-EB Russian Twist	28 3 Reps of Each EB Workout 45 mins of Cardio 20- EB Pike Crunch 25- EB Wall Squat 25- EB Back extension 25-EB Russian Twist
29 2Reps of Each EB Workout 45 mins of Cardio 25- EB Pike Crunch 30- EB Wall Squat 30- EB Back extension 30-EB Russian Twist	30 2Reps of Each EB Workout 45 mins of Cardio 25- EB Pike Crunch 30- EB Wall Squat 30- EB Back extension 30-EB Russian Twist		<u>EB- Exercise Ball</u>			

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May 2018
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<u>EB- Exercise Ball</u>	1 3Reps of Each EB Workout 45 mins of Cardio 25- EB Pike Crunch 30- EB Wall Squat 30- EB Back extension 30-EB Russian Twist	2 3Reps of Each EB Workout 45 mins of Cardio 25- EB Pike Crunch 30- EB Wall Squat 30- EB Back extension 30-EB Russian Twist	3 2Reps of Each EB Workout 45 mins of Cardio 30- EB Pike Crunch 35- EB Wall Squat 35- EB Back extension 35-EB Russian Twist	4 2Reps of Each EB Workout 45 mins of Cardio 30- EB Pike Crunch 35- EB Wall Squat 35- EB Back extension 35-EB Russian Twist	5 3 Reps of Each EB Workout 45 mins of Cardio 30- EB Pike Crunch 35- EB Wall Squat 35- EB Back extension 35-EB Russian Twist
6 3 Reps of Each EB Workout 45 mins of Cardio 30- EB Pike Crunch 35- EB Wall Squat 35- EB Back extension 35-EB Russian Twist	7 2 Reps of Each EB Workout 45 mins of Cardio 33- EB Pike Crunch 40- EB Wall Squat 40- EB Back extension 40-EB Russian Twist	8 2 Reps of Each EB Workout 45 mins of Cardio 33- EB Pike Crunch 40- EB Wall Squat 40- EB Back extension 40-EB Russian Twist	9 3 Reps of Each EB Workout 45 mins of Cardio 33- EB Pike Crunch 40- EB Wall Squat 40- EB Back extension 40-EB Russian Twist	10 Level up !!!! Body Weight 45 mins of Cardio 10- - Cross over Crunches 15s- Jump rope (3 sets) 10- Hill Touchers (3 sets) 5- - Inch worms (3 sets) 10s- Side Plank (each side)	11 45 mins of Cardio 10- - Cross over Crunches 15s- Jump rope (3 sets) 10- Hill Touchers (3 sets) 5- - Inch worms (3 sets) 10s- Side Plank (each side)	12 45 mins of Cardio 20 - Cross over Crunches 20s- Jump rope (3sets) 20- Hill Touchers (3 sets) 10- - Inch worms (3 sets) 15s- Side Plank (each side)
13 45 mins of Cardio 20 - Cross over Crunches 20s- Jump rope (3sets) 20- Hill Touchers (3 sets) 10 - Inch worms (3 sets) 15s- Side Plank (each side)	14 45 mins of Cardio 30- Cross over Crunches 30s- Jump rope (3sets) 30- Hill Touchers (3 sets) 15 - Inch worms (3 sets) 20s- Side Plank (each side)	15 45 mins of Cardio 30- Cross over Crunches 30s- Jump rope (3sets) 30- Hill Touchers (3 sets) 15- Inch worms (3 sets) 20s- Side Plank (each side)	16 45 mins of Cardio 40- Cross over Crunches 40s- Jump rope (3sets) 40- Hill Touchers (3 sets) 20- Inch worms (3 sets) 25s- Side Plank (each side)	17 45 mins of Cardio 40- Cross over Crunches 40s- Jump rope (3sets) 40- Hill Touchers (3 sets) 20- Inch worms (3 sets) 25s- Side Plank (each side)	18 45 mins of Cardio 50- Cross over Crunches 50s- Jump rope (3sets) 50- Hill Touchers (3 sets) 25- Inch worms (3 sets) 30s- Side Plank (each side)	19 45 mins of Cardio 50- Cross over Crunches 50s- Jump rope (3sets) 50- Hill Touchers (3 sets) 25- Inch worms (3 sets) 30s- Side Plank (each side)
20 45 mins of Cardio 60- Cross over Crunches 60s- Jump rope (3sets) 60- Hill Touchers (2 sets) 30- Inch worms (3 sets) 35s- Side Plank (each side)	21 45 mins of Cardio 60- Cross over Crunches 60s- Jump rope (3sets) 60- Hill Touchers (2 sets) 30- Inch worms (3 sets) 35s- Side Plank (each side)	22 45 mins of Cardio 70- Cross over Crunches 70s- Jump rope (2 sets) 70- Hill Touchers 35- Inch worms (3 sets) 40s- Side Plank (each side)	23 45 mins of Cardio 70- Cross over Crunches 70s- Jump rope (2sets) 70- Hill Touchers 35- Inch worms (3 sets) 40s- Side Plank (each side)	24 45 mins of Cardio 80- Cross over Crunches 80s- Jump rope 80- Hill Touchers 40- Inch worms (2 sets) 45s- Side Plank (each side)	25 45 mins of Cardio 80- Cross over Crunches 80s- Jump rope 80- Hill Touchers 40- Inch worms (2 sets) 45s- Side Plank (each side)	26 45 mins of Cardio 90- Cross over Crunches 90s- Jump rope 90- Hill Touchers 45- Inch worms 50- Side Plank (each side)
27 45 mins of Cardio 90- Cross over Crunches 90s- Jump rope 90- Hill Touchers 45- Inch worms 50- Side Plank (each side)	28 45 mins of Cardio 100 - Cross over Crunches 90s- Jump rope 100 -Hill Touchers 50 - Inch worms 55s- Side Plank (each side)	29 45 mins of Cardio 100- Cross over Crunches 90s- Jump rope 100 -Hill Touchers 50 - Inch worms 55s- Side Plank (each side)	30 45 mins of Cardio 101 - Cross over Crunches 90s- Jump rope 1110 -Hill Touchers 60- Inch worms 60s- Side Plank (each side)	31 45 mins of Cardio 101- Cross over Crunches 90s- Jump rope 1110- Hill Touchers 60Inch worms 60s- Side Plank (each side)		

1. HAVE FUN
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June 2016
 Cardio & Core
 100 Day Challenge
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>1</i> 45 mins of Cardio 102- Cross over Crunches 90s- Jump rope 1110 -Hill Touchers 70- Inch worms 65s- Side Plank (each side)	<i>2</i> 45 mins of Cardio 102- Cross over Crunches 90s- Jump rope 1110 -Hill Touchers 70- Inch worms 65s- Side Plank (each side)
<i>3</i> 45 mins of Cardio 102- Cross over Crunches 90s- Jump rope 1110 Hill Touchers 70- Inch worms 65s- Side Plank (each side)	<i>4 Level UP!!!</i> 45 mins of Cardio 10- Toe touches (3 sets) 10 -Mountain Climbers (3 sets) 10--Hip lifts (3 sets) 10--Bridges (3 sets)	<i>5</i> 45 mins of Cardio 10- Toe touches (3 sets) 10 -Mountain Climbers (3 sets) 10-Hip lifts (3 sets) 10-Bridges (3 sets)	<i>6</i> 45 mins of Cardio 15 -Toe touches (3 sets) 15- Mountain Climbers (3 sets) 15-Hip lifts (3 sets) 15-Bridges (3 sets)	<i>7</i> 45 mins of Cardio 15-Toe touches (3 sets) 15- Mountain Climbers (3 sets) 15-Hip lifts (3 sets) 15-Bridges (3 sets)	<i>8</i> 45 mins of Cardio 20-Toe touches (3 sets) 20- Mountain Climbers (3 sets) 20-Hip lifts (3 sets) 20-Bridges (3 sets)	<i>9</i> 45 mins of Cardio 20-Toe touches (3 sets) 20- Mountain Climbers (3 sets) 20-Hip lifts (3 sets) 20-Bridges (3 sets)
<i>10</i> 45 mins of Cardio 25-Toe touches (3 sets) 25- Mountain Climbers (3 sets) 25-Hip lifts (3 sets) 25-Bridges (3 sets)	<i>11</i> 45 mins of Cardio 25-Toe touches (3 sets) 25- Mountain Climbers (3 sets) 25-Hip lifts (3 sets) 25-Bridges (3 sets)	<i>12</i> 45 mins of Cardio 25-Toe touches (3 sets) 25- Mountain Climbers (3 sets) 25-Hip lifts (3 sets) 25-Bridges (3 sets)	<i>13</i> 45 mins of Cardio 30-Toe touches (3 sets) 30- Mountain Climbers (3 sets) 30-Hip lifts (3 sets) 30-Bridges (3 sets)	<i>14</i> 45 mins of Cardio 35-Toe touches (3 sets) 35- Mountain Climbers (3 sets) 35-Hip lifts (3 sets) 35-Bridges (3 sets)	<i>15</i> 45 mins of Cardio 40-Toe touches (2 sets) 40- Mountain Climbers (2 sets) 40-Hip lifts (2 sets) 40-Bridges (2 sets)	<i>16</i> 45 mins of Cardio 40-Toe touches (2 sets) 40- Mountain Climbers (2 sets) 40-Hip lifts (2 sets) 40-Bridges (2 sets)
<i>17</i> 45 mins of Cardio 45- Toe touches (2 sets) 45- Mountain Climbers (2 sets) 45-Hip lifts (2 sets) 45-Bridges (2 sets)	<i>18</i> 45 mins of Cardio 45- Toe touches (2 sets) 45- Mountain Climbers (2 sets) 45-Hip lifts (2 sets) 45-Bridges (2 sets)	<i>19</i> 45 mins of Cardio 50 - Toe touches 50- Mountain Climbers 50-Hip lifts 50-Bridges	<i>20</i> 45 mins of Cardio 50- Toe touches 50- Mountain Climbers 50-Hip lifts 50-Bridges	<i>21</i> 45 mins of Cardio 60- Toe touches 60- Mountain Climbers 60-Hip lifts 60-Bridges	<i>22</i> 45 mins of Cardio 60 toe touches 60- Mountain Climbers 60-Hip lifts 60-Bridges	<i>23</i> 45 mins of Cardio 70- Toe touches 70- Mountain Climbers 70-Hip lifts 70-Bridges
<i>24</i> 45 mins of Cardio 70- Toe touches 70- Mountain Climbers 70-Hip lifts 70-Bridges	<i>25</i> 45 mins of Cardio 80- Toe touches 80- Mountain Climbers 80-Hip lifts 80-Bridges	<i>26</i> 45 mins of Cardio 80-Toe touches 80- Mountain Climbers 80-Hip lifts 80-Bridges	<i>27</i> 45 mins of Cardio 90- Toe touches 90- Mountain Climbers 90-Hip lifts 90-Bridges	<i>28 YOU MADE IT!!!!</i> 45 mins of Cardio 100- Toe touches 100-Mountain Climbers 100-Hip lifts 100-Bridges	<i>29</i>	<i>30</i>