

Welcome to my eBook!

I'm so excited to introduce this 4-week workout challenge! This challenge is all about bodyweight exercises and cardio workouts to jump start your fitness routine and keep you moving toward your goals.

The workouts I have designed for you are not just meant to get your heart rate up. They are meant to help you get stronger with over 100 different movements, and just 30 minutes a day.

I want to be able to help as many of you as I can, to reach your goals and feel confident in how you look, FEEL, and what your body can do.

A Little bit about me!

I'm Emily Hennelly! I'm a California based personal trainer with a love for helping people. I'm all about promoting a healthy lifestyle in which you can reach your fitness goals and dreams while enjoying your social life and balancing the foods that go with it.



Tap Here to Watch Your Welcome Video

Takes you to my website for additional content ~



i Glossary of terms used in this eBook

Short for 'repetitions' of an exercise. Reps:

High Intensity Interval Training. HIIT:

As Many Rounds As Possible within a time limit.

CIRCUIT: A series of exercises performed one right after the

other with little or no rest in between.

CARDIO: Exercises that can significantly increase heart &

lungs activity for a prolonged period of time.

CORE: Exercises that integrate the hips, trunk and

shoulders to efficiently distribute the forces of

gravity, ground reaction and momentum.

UPPER: Short for 'upper body', indicates exercises that use

predominantly upper body muscles.

Short for 'lower body', indicates exercises that use LOWER:

predominantly lower body muscles.



Additional Instructions

Easier Modification



Active Benefit Area

Exercise Name

Pushups «

Jumping Jacks

10.00

40 Seconds 4

Repeat



Week# Index Day#

Use this button to get back here from any page.

Workouts & Calendar Format

Each week, you will have five days worth of workouts that include 4 full-body training days, and 1 core day in the middle of the week. (Core is key, you use it for EVERYTHING).

Calendar days are linked to their workout pages. Tap the workout day you want to access.

	Week 1	Week 2	Week 3	Week 4
Monday	Full Body	Full Body	Full Body	Full Body
	AMRAP	AMRAP	AMRAP	AMRAP
Tuesday	Full Body	Full Body	Full Body	Full Body
	HIIT	HIIT	HIIT	HIIT
Wednesday	Deck of	Deck of	Deck of	Deck of
	Core™	Core™	Core™	Core™
Thursday	Full Body	Full Body	Full Body	Full Body
	HIIT	HIIT	HIIT	HIIT
Friday	Legs & Core	Legs & Core	Legs & Core	Legs & Core
	AMRAP	AMRAP	AMRAP	AMRAP
Saturday & Sunday	Rest & Recovery	Rest & Recovery	Rest & Recovery	You did it!

Repeat until the clock

Week 1



Day 1

As Many Rounds As Possible in 30 Minutes



Downward Dog + High Plank 16 reps



Superman

16 reps



Squats

16 reps



Jumping Jacks

16 reps



Tricep Dips

16 reps



Situps

16 reps





Reverse Lunges (Right)

16 reps



Reverse Lunges (Left)

16 reps



After this workout, tap here to watch an important video message from Emily.

P6

Ε



Day 2

Circuit 1: 40s High Intensity + 20s Rest



Pushups

40 Seconds + 20s Rest



Sumo Squats

40 Seconds + 20s Rest



Cross Over Toe Taps

40 Seconds + 20s Rest

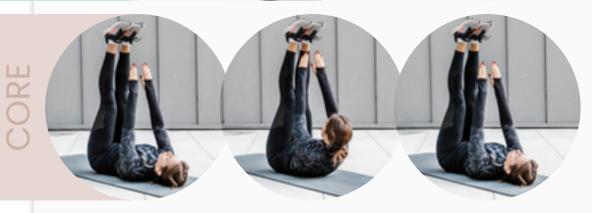
Remember!

Circuit 2: 40s High Intensity + 20s Rest



Bridges

40 Seconds + 20s Rest



Toe Tap Crunches

40 Seconds + 20s Rest



Leg Raises

40 Seconds + 20s Rest

Circuit 3: 40s High Intensity + 20s Rest



Step-Ups (Right)

40 Seconds + 20s Rest



Step-Ups (Left)

40 Seconds + 20s Rest



Frog Pumps

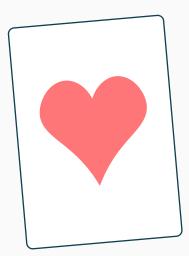
40 Seconds + 20s Rest



Day 3



- Shuffle deck of cards and place it facing down.
- Start a 30 minute timer and pull one card from the top and perform its movement.



HEARTS

Russian Twists

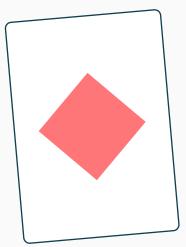




CLUBS

Elbow Plank Taps

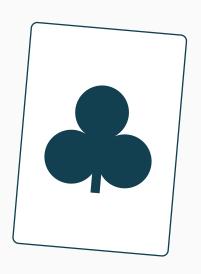




DIAMONDS

Bicycle Crunches





SPADES

Burpees





JOKER Surprise!

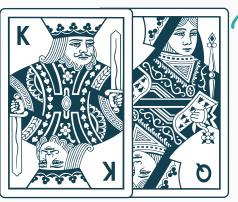
10 Seconds Rest





Jack

11 reps



We're equal in my book!

King / Queen

12 reps



Ace Sorry not sorry!

13 reps

peat 3

Times

U

Day 4

Circuit 1: 40s High Intensity + 20s Rest

R



Н

Jumping Jacks

40 Seconds + 20s Rest



Squats

40 Seconds + 20s Rest



40 Seconds + 20s Rest

Circuit 2: 40s High Intensity + 20s Rest



Mountain Climbers

40 Seconds + 20s Rest



Forward Lunges (Right/Left)

40 Seconds + 20s Rest



Plank Hip Dips

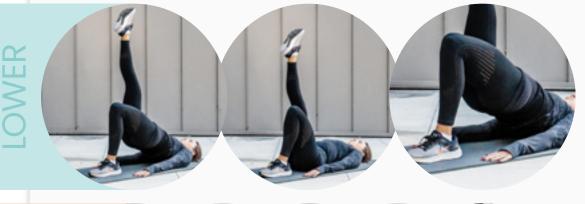
40 Seconds + 20s Rest

Circuit 3: 40s High Intensity + 20s Rest



Single Leg Bridges (Right)

40 Seconds + 20s Rest



Single Leg Bridges (Left)

40 Seconds + 20s Rest



Burpees

40 Seconds + 20s Rest

iii Index

As Many Rounds As Possible in 15 Minutes



Bridge + Abduction
16 reps

Day 5

No band no problem



Donkey Kicks

16 reps Right + 16 reps Left

Don't forget both sides!



Lying Abduction

16 reps Right + 16 reps Left



Plank Jacks

16 reps



Crab Walks

16 reps

Remember!

As Many Rounds As Possible in 15 Minutes



V-Ups

16 reps



Side Plank Hip Dips

16 reps Right + 16 reps Left

Don't forget both sides!

Leg Raises

16 reps



Stationary Bicycle Crunches

16 reps Right + 16 reps Left





Day 6-7

GOOD JOB!

Woooooo! You made it through the first week! You should be really proud of yourself! But I would also imagine you are a little bit sore. Sorry about that, but I have some helpful tips for you.

Takes you to my website



Tap here to watch this weekend's video and access related additional content.



STAY ACTIVE

Active Recovery is any low intensity exercise that is done after a high intensity workout to break up lactic acid in the muscles and reduce soreness.

Try to do 30 minutes of light exercise such as; yoga, walking the dog, going on a bike ride with a friend, or a full body stretch from the comfort of your own home.

REST

It is definitely better to keep moving, but don't go crazy.

Rest with family and take care of yourself by eating nutrient dense foods and lots, and lots of water!



Day 1

Week 2



As Many Rounds As Possible in 25 Minutes



Inchworms

10 Reps



Crunches

16 reps



Burpee + Mountain Climber

10 Reps



Lunge Pulses

30 Pulses Right + 30 Pulses Left

Remember!

As Many Rounds As Possible in 5 Minutes



Scissor Kicks

16 reps



Russian Twists

16 reps Each Side



Side to Side Heel Taps

16 reps Each Side



Elbow Plank Taps

16 reps



Reverse Crunches

16 reps

Repeat until the clock runs out!

Times

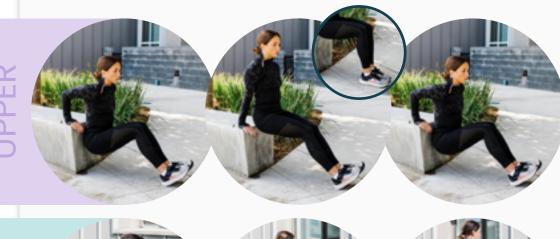
Week 2

Index

Day 2

Circuit 1: 40s High Intensity + 20s Rest

Ε



Tricep Dips

40 Seconds + 20s Rest



Squat Step-Ups

40 Seconds (Left/Right) + 20s Rest



Superman

40 Seconds + 20s Rest

Remember!

Circuit 2: 40s High Intensity + 20s Rest



Pushup + Plank Twists

40 Seconds + 20s Rest



Split Jacks

40 Seconds + 20s Rest



Reverse Crunches

40 Seconds + 20s Rest

Circuit 3: 40s High Intensity + 20s Rest



Reverse Lunge Kicks (Right)

40 Seconds + 20s Rest

Reverse Lunge Kicks (Left)

40 Seconds + 20s Rest

Inchworms

40 Seconds + 20s Rest

Repeat

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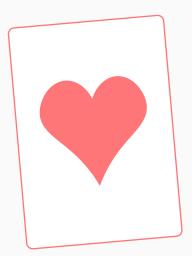


Day 3



Start a 30 minute timer and pull one card from the top and perform its movement.

N

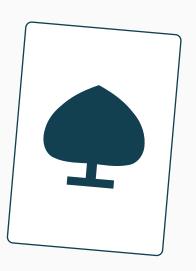


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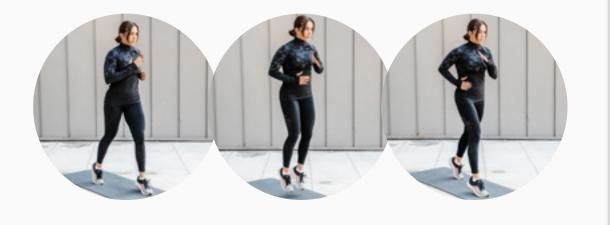
HEARTS

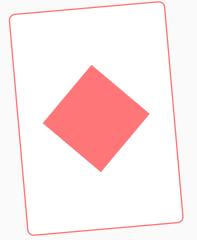
Mountain Climbers





CLUBS
Split Jacks

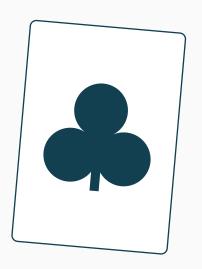




DIAMONDS

Reverse Crunches





SPADES

Side to Side Heel Taps





JOKER

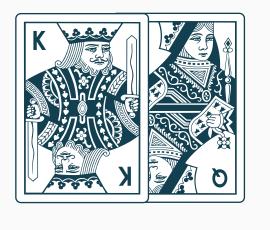
10 Seconds Rest





Jack

11 reps



King / Queen

12 reps



Ace

13 reps

Week 2

U



Day 4

Circuit 1: 40s High Intensity + 20s Rest



Н

Pike Pushups

40 Seconds + 20s Rest



V-Ups

40 Seconds + 20s Rest



Alternating Side Lunges

40 Seconds + 20s Rest

Circuit 2: 40s High Intensity + 20s Rest



Sizzle Feet + Hop

40 Seconds + 20s Rest



Tricep Dips

40 Seconds + 20s Rest



Russian Twists

40 Seconds + 20s Rest

Circuit 3: 40s High Intensity + 20s Rest



Plank Twists

40 Seconds + 20s Rest



Squat Hold + Calf Raise

40 Seconds (Right/Left) + 20s Rest



Inchworm Jacks

40 Seconds + 20s Rest

Day 5

As Many Rounds As Possible in 15 Minutes

Index



Reverse Lunge + Side Lunge

10 Reps Right + 10 Reps Left

Don't forget both sides!

Squat + Forward Lunges

10 Reps Right + 10 Reps Left



Jumping Jacks 10 Reps

Remember!



As Many Rounds As Possible in 15 Minutes



Stationary Bicycle Crunches

16 reps Right + 16 reps Left

Don't forget both sides!



Toe Tap Crunches 16 reps



Hip Raises

16 reps



Plank Leg Raise

16 reps Right + 16 reps Left



Day 6-7

NICELY DONE!

Second week down! Two to go! I have prepared some useful additional content for you over on my website. As usual, keep up with your active recovery, but in addition to that you'll find some tasty recipes there. Enjoy!



Tap here to watch this weekend's video and access related additional content.



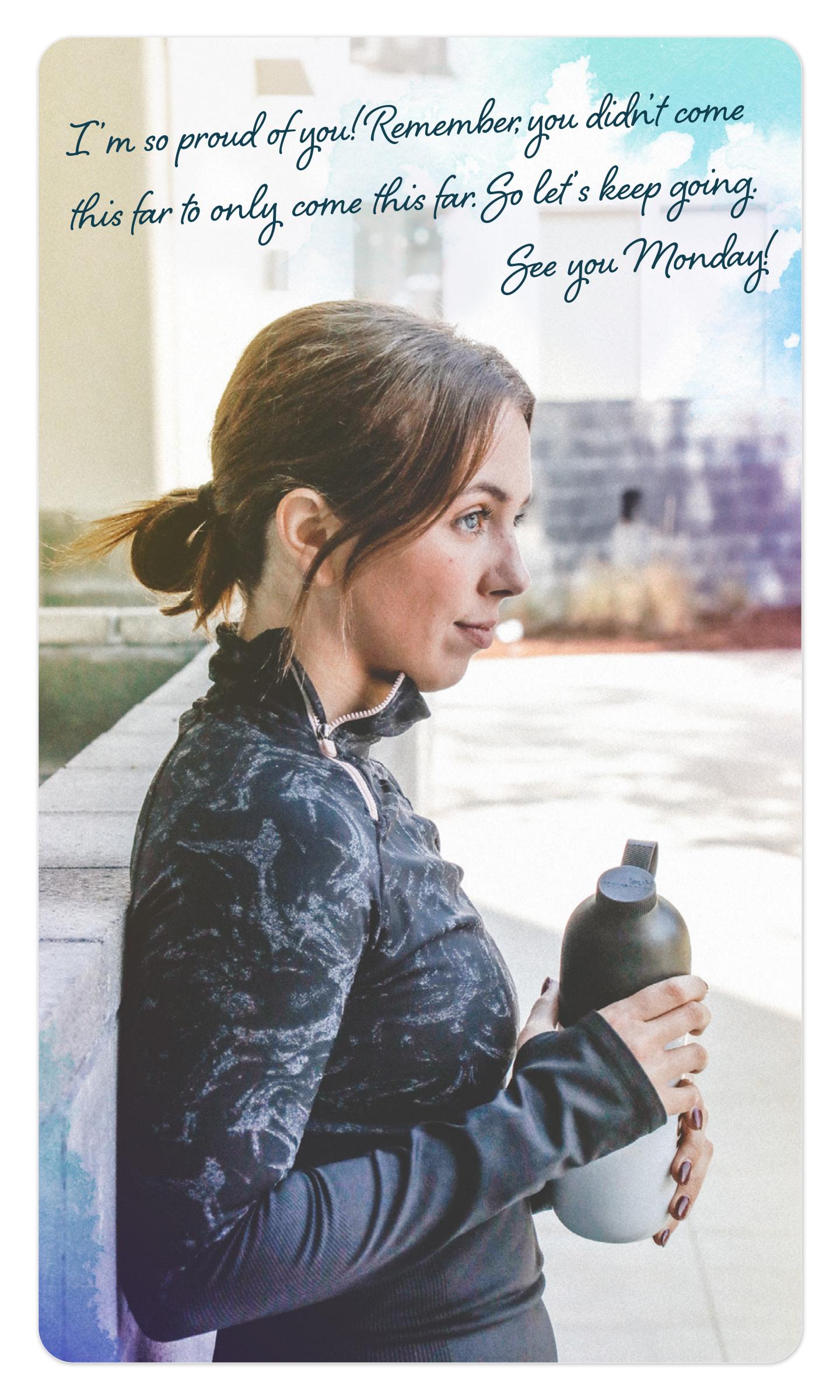
STAY ACTIVE

Active Recovery is any low intensity exercise that is done after a high intensity workout to break up lactic acid in the muscles and reduce soreness.

Try to do 30 minutes of light exercise such as; yoga, walking the dog, going on a bike ride with a friend, or a full body stretch from the comfort of your own home.

RFST

It is definitely better to keep moving, but don't go crazy. Rest with family and take care of yourself by eating nutrient dense foods and lots, and lots of water!





Day 1

As Many Rounds As Possible in 30 Minutes



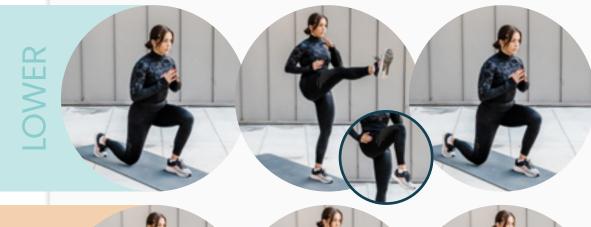
Commandos

10 Reps



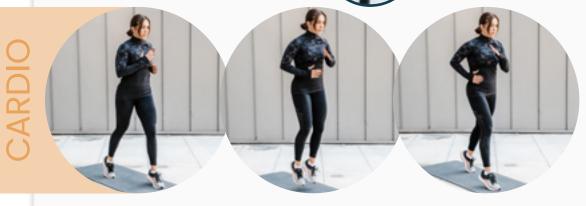
V-Ups

10 Reps



Reverse Lunge Kicks

10 Reps Right + 10 Reps Left



Split Jacks

10 Reps Each Side



Superman

10 Reps



Plank Toe Taps

10 Reps Each Side



Spring Squat

10 Reps



High Knees

10 Reps Each Side





Tricep Dips

10 Reps



Scissor Kicks

16 reps

Repeat until the clock runs out!

imes

Ε

Day 2

Circuit 1: 40s High Intensity + 20s Rest



Pushups

40 Seconds + 20s Rest



Side Plank Hold (Right)

40 Seconds + 20s Rest



Alternating Side Lunges

40 Seconds + 20s Rest

Remember!

Circuit 2: 40s High Intensity + 20s Rest



Russian Twists

40 Seconds + 20s Rest



Forward + Reverse Lunges

40 Seconds (Right) + 20s Rest



Forward + Reverse Lunges

40 Seconds (Left) + 20s Rest

Circuit 3: 40s High Intensity + 20s Rest



Mntn. Climber + Plank Jacks

40 Seconds + 20s Rest



Bridges

40 Seconds + 20s Rest



Side Plank Hold (Left)

40 Seconds + 20s Rest



Day 3

D

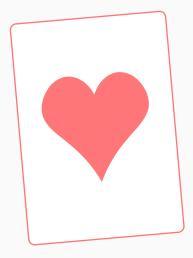
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S



Start a 30 minute timer and pull one card from the top and perform its movement.

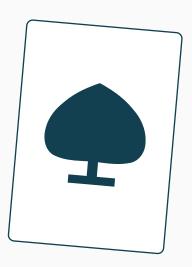
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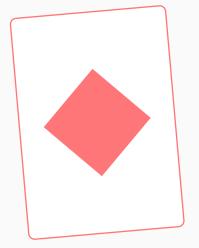
HEARTS
Frankenstein
Situps





CLUBS
Cross Over Toe
Taps

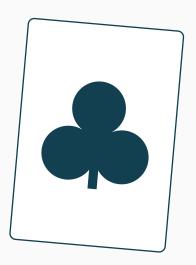




DIAMONDS

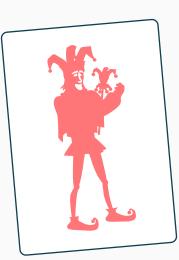
Plank Jacks





SPADES
Bridges





Let's put a smile on that face!

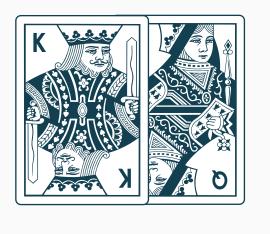
JOKER

10 Seconds Rest





Jack 11 reps



King / Queen

12 reps



Ace 13 reps

peat 3

Times

Week 3

U

iii Index

Day 4

Circuit 1: 40s High Intensity + 20s Rest

R



Н

Inchworms

40 Seconds + 20s Rest



Squat Kicks

40 Seconds (Right/Left) + 20s Rest



Tricep Dip + Toe Touches

40 Seconds + 20s Rest

Circuit 2: 40s High Intensity + 20s Rest



Bicycle Crunches

40 Seconds + 20s Rest



High Knee + Burpees

40 Seconds + 20s Rest



Leg Raises

40 Seconds + 20s Rest

Circuit 3: 40s High Intensity + 20s Rest



Diamond Situps

40 Seconds + 20s Rest



Jump Squats 180

40 Seconds + 20s Rest



Frog Pumps

40 Seconds + 20s Rest



As Many Rounds As Possible in 30 Minutes



Squat Jacks

20 Reps

Sorry can't hear you!

Elbow to Knee Standing Twist 16 reps Each Side



Static Lunges (Right)

20 Reps



Static Lunges (Left) 20 Reps



Diamond Situps 15 Seconds



Frog Pumps

15 Seconds

Remember!





Day 6-7

WELL DONE!

Three down! One to go! I bet you are questioning why you're even doing all of this. But hang in there. Be proud of the work you've put in. Check out this week's content where I share my journey with you.



Tap here to watch this weekend's video and access related additional content.



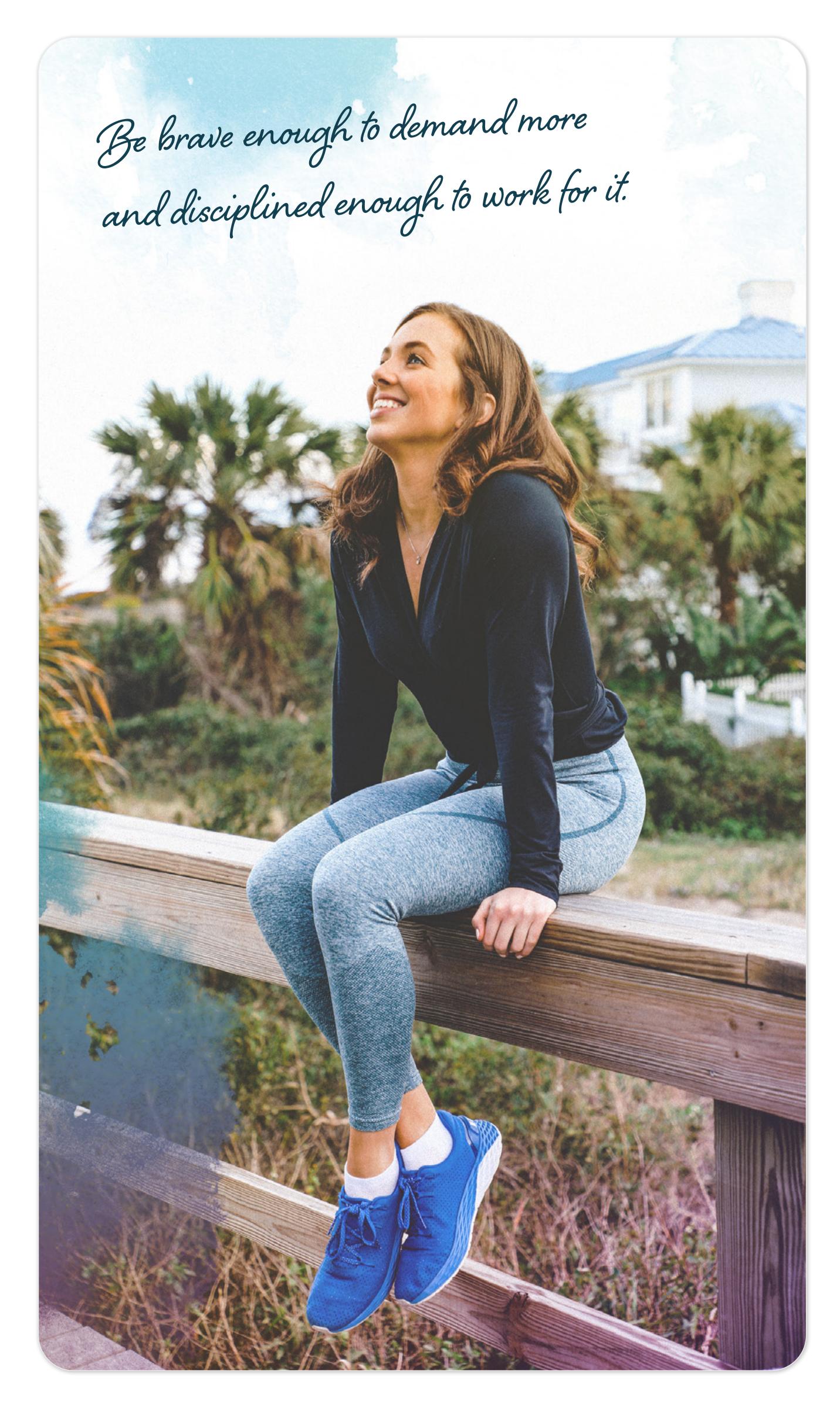
STAY ACTIVE

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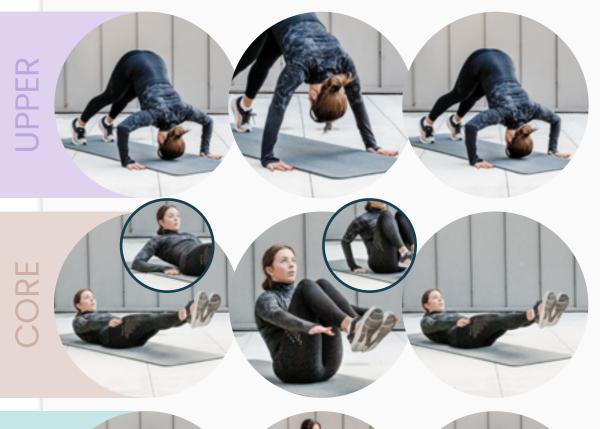
RFST

It is definitely better to keep moving, but don't go crazy. Rest with family and take care of yourself by eating nutrient dense foods and lots, and lots of water!





As Many Rounds As Possible in 30 Minutes



Pike Pushups

10 Reps

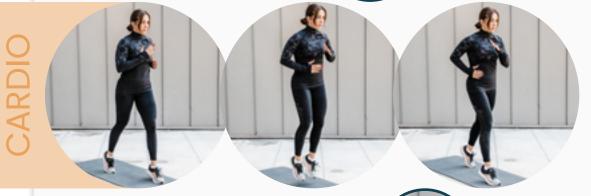
V-Ups

10 Reps



Reverse Lunge Kicks

10 Rep Right + 10 Reps Left



Split Jacks

10 Reps Each side



Plank Jack + Pushup

10 Reps



Frankenstein Situps

10 Reps



Jump Squats

10 Reps



Kneeling Get-Ups

10 Reps

Remember!

Ε

Day 2

Circuit 1: 40s High Intensity + 20s Rest



Commandos

40 Seconds + 20s Rest



Stationary Bicycle Crunches

40 Seconds Right + 20s Rest



Stationary Bicycle Crunches

40 Seconds Left + 20s Rest

Remember!

Circuit 2: 40s High Intensity + 20s Rest



Squat Pulses

40 Seconds + 20s Rest



Tricep Dips

40 Seconds + 20s Rest



Walking Lunges

40 Seconds + 20s Rest

Circuit 3: 40s High Intensity + 20s Rest



Mountain Climber Twists

40 Seconds + 20s Rest



Bridges

40 Seconds + 20s Rest



High Knee + Burpees

40 Seconds + 20s Rest

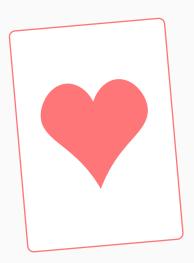
W E D



Day 3



Start a 30 minute timer and pull one card from the top and perform its movement.



HEARTS

Reverse Crunches

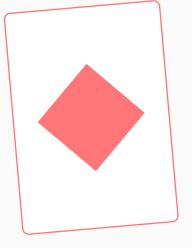
Week 4





CLUBS
Situp Twists





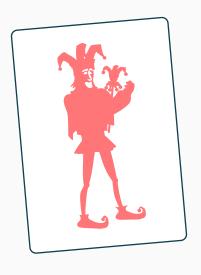
Mntn. Climber
Outside Crunch





SPADES
High Knees





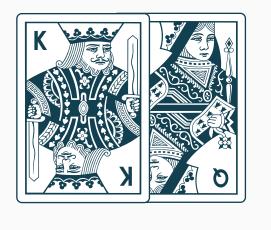
JOKER Why so serious?

10 Seconds Rest





Jack 11 reps



King / Queen

12 reps



Ace 13 reps

U

Day 4

Circuit 1: 40s High Intensity + 20s Rest



Н

Pike Pushups

40 Seconds + 20s Rest



Leg Raises

40 Seconds + 20s Rest



Lunge Pulses (Right)

40 Seconds + 20s Rest

Circuit 2: 40s High Intensity + 20s Rest



Lunge Pulses (Left)

40 Seconds + 20s Rest



Burpees

40 Seconds + 20s Rest



Side to Side Heel Taps

40 Seconds + 20s Rest

Circuit 3: 40s High Intensity + 20s Rest



Split Jacks

40 Seconds + 20s Rest



Diamond Bridge Hold

40 Seconds + 20s Rest

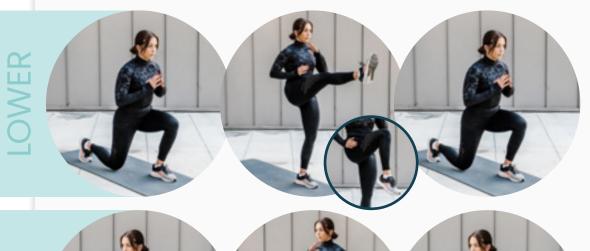


Plank Jacks

40 Seconds + 20s Rest

As Many Rounds As Possible in 15 Minutes

Index



Reverse Lunge Kicks (Right)
10 Reps

Day 5

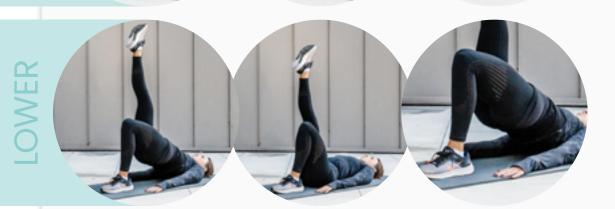


Reverse Lunge Kicks (Left)
10 Reps



Squat Hold + Calf Raise
10 Reps (Alternate Right/Left)





Single Leg Bridges (Left)
10 Reps

Remember!



As Many Rounds As Possible in 15 Minutes

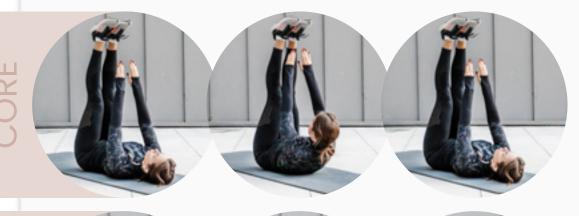


Scissor Kicks
16 reps



Side Plank Hip Dips
16 reps Right + 16 reps Left

Don't forget both sides!



Toe Tap Crunches
16 reps



Russian Twists

16 reps Each Side





Day 6-7

OUTSTANDING WORK!

You did it! You set your mind to it and pushed through the finish line. This feeling of accomplishment can never be taken away from you! I'm proud of you! Head over to this weekend's video page for a proper celebration!



Tap here to watch this weekend's video and access related additional content.



STAY ACTIVE

Active Recovery is any low intensity exercise that is done after a high intensity workout to break up lactic acid in the muscles and reduce soreness.

Try to do 30 minutes of light exercise such as; yoga, walking the dog, going on a bike ride with a friend, or a full body stretch from the comfort of your own home.

REST

It is definitely better to keep moving, but don't go crazy.

Rest with family and take care of yourself by eating nutrient dense foods and lots, and lots of water!



You did it!

If you made it here it only means one thing: You're a bad-ass! Go ahead and give yourself that pat on the back because you put your strength and determination to the test and came out on top.

Ride the wave!

Whether you were a beginner at the start of this challenge, or an experienced fitness enthusiast, you are now further along your health and fitness journey in every way. Take a little break if you need, but use this momentum you have built so far, to keep going.

Share the glory!

It is recommended to take a victory lap! You worked really hard throughout this challenge and showed yourself you can accomplish what you set your mind to. So take a moment and share your triumph with the people in your life.

Thank you!

I'm so happy and grateful that you trusted me with your health and fitness. I hope you really enjoyed this challenge as much as we enjoyed creating it for you. Stay tuned for more challenges in the near future.

Sincerely,
Emily Hennelly



4-Week Body Blast Challenge

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