



60 DAY
KETO
challenge workouts

WORKOUTS WEEK 5-8

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You should've already completed weeks 1-4 and hopefully you saw some good progress week to week. Now it's time for phase 2. Here are your workouts for weeks 5-8!

Remember that week 5 will be your baseline week and every week after that compare your workouts week to week to track your progress. So make sure and record you times, reps/rounds, etc.

monday - day 1 (full body)

warm-up

30 seconds of jogging in place or jumping jacks

5 pushups

5 squats

20 second hold from pull-up bar

Repeat this 2 more times and you're all warmed up!

main workout

This is a timed workout that will be done for 2 total sets. It consists of the following exercises:

set #1:

50 pullups + 50 pushups + 10 burpees + 40 dumbbell military press (you pick the weight) + 40 situps

10 burpees + 30 goblet squats (dumbbell held on chest) + 30 knee to chest tuck jumps + 10 burpees

go straight into set #2:

50 pullups + 50 pushups + 10 burpees + 40 dumbbell military press (you pick the weight) + 40 situps

10 burpees + 30 goblet squats (dumbbell held on chest) + 30 knee to chest tuck jumps + 10 burpees

When you're done, take note of your time. We will be revisiting this workout next Monday to compare times each week.

WORKOUTS WEEK 5-8

tuesday - day 2 (tabata cardio and core)

warm-up

30 seconds jumping jacks
30 seconds high knees
30 seconds butt kickers
Repeat 2 more times through and you're all warmed up!

main workout



5 minutes of tabata jump-rope

-20 second jump rope sprints.
10 second slow recovery
-Repeat this interval for a total of 5 minutes
-Rest 60 seconds after the 5 minutes

5 minutes of tabata high knees

-20 second high knee sprints. 10 second slow recovery
-Repeat this interval for a total of 5 minutes
-Rest 60 seconds after the 5 minutes

5 minutes of tabata mountain climbers

-20 second fast pace.
10 second recovery
-Repeat this interval for a total of 5 minutes
-Rest 60 seconds after the 5 minutes

5 minutes of tabata workout on the stairs (every other stair)

-20 second sprint on treadmill, bike, elliptical, stair stepper or stairs at home.
10 second slow recovery
-Repeat this interval for a total of 5 minutes
-Rest 60 seconds after the 5 minutes



Finish with 4 sets of plank for 60 seconds each set. 30 second rest in between sets.

wednesday - day 3 (bi's & tri's)

warm-up

30 seconds of jogging in place
5 dips on a chair or bench
20 second hold from pull-up bar
Repeat this 2 more times and you're all warmed up!

main workout

This is a 15 min AMRAP (As Many Reps as Possible). Your total amount of reps completed will be scored at the end of the 15 minutes



dips

As many reps as you can of dips with a weight on your lap (go until failure)

chin-ups

As many reps as you can of chin-ups (go until failure)

15 tricep extensions

15 reps of behind the neck tricep dumbbell extensions

15 hammer curls

15 reps of dumbbell hammer curls

Once you complete this sequence start over at the beginning and continue through the workout until the 15 minutes is complete. Then add up all the reps completed and that total will be compared to next weeks score

WORKOUTS WEEK 5-8

thursday - day 4 (tabata cardio and core)

warm-up

1 min. jumping jacks.
10 military dumbbell presses (with light weight)
10 pushups

main workout



+



+



+



5 minutes of tabata wall jumps

- 20 second side to side jumps.
10 second slow recovery
- Repeat this interval for a total of 5 minutes
- Rest 60 seconds after the 5 minutes

5 minutes of tabata hand step-ups with plank

- 20 second fast pace.
10 second slow recovery
- Repeat this interval for a total of 5 minutes
- Rest 60 seconds after the 5 minutes

5 minutes of tabata knee-to-chest jumps

- 20 second fast pace.
10 second recovery
- Repeat this interval for a total of 5 minutes
- Rest 60 seconds after the 5 minutes

5 minutes of tabata burpees

- 20 seconds of burpees.
10 second recovery
- Repeat this interval for a total of 5 minutes
- Rest 60 seconds after the 5 minutes



Finish with 4 sets of plank for 60 seconds each set. 30 second rest in between sets.

friday - day 5 (full body)

warm-up

30 seconds of jogging in place or jumping jacks
5 pushups
5 squats
20 second hold from pull-up bar
Repeat this 2 more times and you're all warmed up!

main workout

This is a timed workout that will be done for 2 total sets. It consists of the following exercises:

set #1:



50 dumbbell military press

+



40 jumping squats

+



30 hanging leg raises

+



20 jumping lunges (10 each leg)

+



10 heavy dumbbell thrusters (front squat to a push press)

WORKOUTS WEEK 5-8

go straight into set #2:



**50 side
dumbbell raises**

+



**40 second
wall sits (with
weight on lap)**

+



**30 pushups
with a pulse at
the bottom**

+



**20 jumping
pull-ups**

+



**10 heavy dumbbell
thrusters**

When you're done, take note of your time. We will be revisiting this workout next Friday to compare times each week.

day 6 and 7 are rest days, but feel free to do something active with your family on these days.