

# FULL BODY

## A L A C ' S 1 4 - D A Y C H A L L E N G E S E R I E S

### DAY 1 | Upper-Body Circuit

3 - 5 rounds // 2min rest between  
10x Push-up  
10x Towel row  
10x Pike push-up  
10x Plank body-saw  
10x Dip  
30sec Mountain climbers

### DAY 2 | Lower-Body Circuit

3 - 5 rounds // 2min rest between  
10x Split squat (each side)  
10x Couch hip-thrust  
10x Plate hamstring curl  
10x Reverse hyper  
10x Jump squat + 1/4  
30sec Mountain climbers

### DAY 3 | Full-Body Circuit

3 - 5 rounds // 2min rest between  
10x Push-up shoulder tap  
10x Split squat (each side)  
10x X-sit  
45sec Squat pulse  
45sec Plank  
10x Sit-up (feet on couch)

### DAY 4 | Cardio + Abs Circuit

3 - 5 rounds // 2min rest between  
10x Plank donkey kick  
30sec Couch hop-overs  
10x Boat pose leg ext.  
10x Squat crunch + jump  
10x Bear to plank  
30sec Burpees

### Superset Workouts

Each workout is broken down into blocks. Block 1 is 1A and 1B etc. Perform exercise 1A for desired amount of reps, and then immediately perform exercise 1B. 90sec rest between sets. 3 sets of each block total, then move onto the next block.

### DAY 5 | Upper-Body Superset

1A - 10x Towel row  
1B - 10x Push-up  
2A - 10x Dip  
2B - 10x Reverse hyper  
3A - 10x Sit-up  
3B - 10x Russian twist  
4A - 10x Pike push-up  
4B - 10x Pillar-to-plank

### DAY 6 | Lower-Body Superset

1A - 10x Squat  
1B - 10x Jump squat  
1C - 45sec Wall-sit  
2A - Hip thrust (feet on couch)  
2B - Hip thrust (shoulders on)  
2C - Plate hamstring curl  
3A - 5x Split jump (each side)  
3B - 45sec Squat pulse

### DAY 7 | Full-Body Trisets

1A - 30sec Pillar-to-plank  
1B - 10x Push-up  
1C - 10x Dip  
2A - 10x X-up  
2B - 10x Bear to plank  
2C - 10x Sit-up  
3A - 10x Split squat  
3B - 10x Squat  
3C - 10x Split jump

### DAY 8 | Upper-Body Circuit

3 - 5 rounds // 2min rest between  
10x Towel row  
10x Push-up shoulder tap  
10x Pike push-up  
10x Plank body-saw  
10x Dips (elevated heels)  
45sec Mountain climbers



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### DAY 9 | Lower-Body Circuit

3 - 5 rounds // 2min rest between  
10x Split squat (each side)  
10x Couch step-up  
10x Hip-thrust  
10x Plate hamstring curl  
30sec Squat pulses  
30sec Mountain climbers

### DAY 10 | Full-Body Circuit

3 - 5 rounds // 2min rest between  
10x Pillar-to-plank  
10x Squat + 1/4  
10x Sit-up (feet on couch)  
10x Russian twist  
10x Split squat  
10x Plank body-saw

### DAY 11 | Cardio + Abs Circuit

3 - 5 rounds // 2min rest between  
10x Plank donkey kick  
10x Boat pose leg ext.  
45sec Couch hop-overs  
10x Squat crunch + jump  
10x Bear to plank  
45sec Burpees

### DAY 12 | Upper-Body Superset

1A - 10x Push-up  
1B - 10x Dip  
2A - 10x Towel row  
2B - 10x Towel bicep curl  
3A - 10x Pillar-to-plank  
3B - 10x Sit-up (feet on couch)  
4A - 10x Pike push-up  
4B - 10x Plank body-saw

### Day 13 | Lower-Body Superset

1A - 10x Squat  
1B - 10x Jump squat  
1C - 60sec Wall-sit  
2A - 10x Hip thrust (feet on couch)  
2B - 10x Plate hamstring curl  
2C - 60sec Bridge  
3A - 5x Split jump (each side)  
3B - 45sec Squat pulse

### DAY 14 | Full-Body Trisets

1A - 30sec Pillar-to-plank  
1B - 10x Push-up  
1C - 10x Dip  
2A - 10x X-up  
2B - 10x Bear to plank  
2C - 10x Sit-up  
3A - 10x Split squat  
3B - 10x Squat  
3C - 10x Split jump

### Exercise Alternatives

The following exercises can be substituted as a less intense option:

Plank body-saw >> Plank

Dip (feet elevated) >> Dip

Push-up shoulder tap >> Plank shoulder tap

Pillar to plank >> Straight-arm plank

Split squat >> Step-back lunge

Plate hamstring curl >> Glute walk-out

Reverse hyper >> Donkey kick

Jump squat >> Full extension squat

Split jump >> Step-back lunge

X-sit >> Lying leg lift

Plank donkey kick >> Donkey kick

Boat pose leg ext. >> Boat pose hold

Bear to plank >> Plank

Burpee >> Burpee walk-out