

# Kick The Sugar Challenge



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Fast

Simple

Fun Workouts To Support  
You On Your **28-Day Kick**  
**The Sugar Challenge!**

**WORKOUT GUIDE**

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# Workouts

I have created some fun but challenging exercises you can do each day, from anywhere, as each sequence only takes a few minutes.

If you have never worked out or haven't in a long time, starting with some simple (not easy!) exercises will help you re-train your brain, your muscles and it'll get your body moving, which will release feel-good endorphins.

**Note:** If you have a health issue that prevents you from engaging in physical activity, please consult your doctor before attempting these exercises.

**ROUTINE:** I suggest you start with LEGS on Day 1 and do ARMS on Day 2. Do LEGS on Day 3 and do ARMS on Day 4. Take Day 5 off. Do LEGS on Day 6 and keep repeating this sequence of 3 days on and one day off. Do ABDOMINALS every day. Start with the Beginner Sequence unless you have been working out semi-regularly for a while. Work up from there.

## LEGS

The quadriceps muscle is the largest muscle in the body. It holds our weight and works hard for us! In this workout, we focus on the legs.

### Beginner:

**Stair climb:** Walk up and down your stairs as many times as you can. Walk slowly, focusing on pushing from your heels so you feel it in your bum. Then, finish with a wall sit for 15-30 seconds

**Wall Sit:** Place your back against the wall and bend your knees as if you were sitting in a chair. Hold. Stand up slowly.

**NOTE 1:** This should really burn in your thighs, but if you feel pain in the knees, stop.

**NOTE 2:** If you do not have any stairs in your home, use the stairs at your office. If this is not an option, jog on the spot for 30 seconds before doing a wall sit. Repeat this 3 times.

## Intermediate:

**Stair climb:** Go as quickly as you can for a flight, then walk a flight at a decent pace and keep alternating until you can't do any more (so, in a home, you would run up, then run down...then walk up, then walk down...)

In a building, you can just keep going up if you like.

**Wall Squat:** Finish your workout with wall squats. Hold the squat for 30 seconds, stand, and repeat as many times as you can. Aim for at least 3 before moving to Advanced.

## Advanced:

**Stair climb:** Run up and down your stairs 10 times. Follow the stair climb with a wall squat of 30 seconds. Take a 30 second break and repeat the climb/sit sequence as many times as you can. Finish with "pulse squats" for 30 seconds. Stand. Repeat 3 more times.

**NOTE:** Pulse squats: Hold a squat position, then pulse up and down by just an inch. It's a small movement, but it BURNS!

# ARMS

A lot of people (women especially) have a hard time toning up their arms. It can be a really challenging spot! But with consistent effort you can see, and feel, amazing results within just a few weeks!

In this workout, we focus on the arms.

## **Beginner:**

1. Raise arms out to the sides.
2. Do 15 small circles forward slowly, then 15 small circles backward slowly.
3. Rest for 10 seconds.
4. Repeat but make the circles slightly larger, and do 20.
5. Rest for 20 seconds, shaking your arms out.
6. Repeat, but make large circles and do 25.

**NOTE:** Keep your shoulders down and back, chest out. Breathe in through your nose and out through your mouth. Keep breathing and keep focusing on your posture. It should burn but not be painful. Stop if it hurts.

## **Intermediate:**

Do the same as Beginner, but do 30, 40 and 50. So:

1. Raise arms out to the sides.
2. Do 15 small circles forward slowly, then 30 small circles backward slowly.
3. Rest for 10 seconds.
4. Repeat but make the circles slightly larger, and do 40.
5. Rest for 20 seconds, shaking your arms out.
6. Repeat, but make large circles and do 50.

## **Advanced:**

Do the same as Beginner, but 40, 50 and 60. So:

1. Raise arms out to the sides.
2. Do 15 small circles forward slowly, then 40 small circles backward slowly.
3. Rest for 10 seconds.
4. Repeat but make the circles slightly larger, and do 50.
5. Rest for 20 seconds, shaking your arms out.
6. Repeat, but make large circles and do 60.

# ABDOMINALS

Our core strength impacts all other parts of our body. More than just our tummies, our core starts at our upper thighs and goes all the way up to our chests, including the back of our bodies as well!

We can always work on our abs, and guess what?! The Beginner ones can be done at the office, while standing in line...anywhere. 😊

**Beginner:** 1. During the day, while sitting or standing, each time you are about to enjoy a snack or meal, pull in your belly button and hold for 10 seconds. Release. Do this 10 times and then enjoy your meal!

2. Several times a day, squeeze your abdominals by doing a Kegel exercise and pulling in your belly button at the same time. DO a “micro movement” where you slightly “crunch” forward. Release. No one has to know what you’re up to!

**NOTE:** A Kegel is an exercise that strengthens the pelvic floor. Pretend you just started to pee...but had to stop suddenly! That’s a Kegel!

**Intermediate:** Lay on the floor and bend your knees, feet on the floor. Place your hands on your thighs. Pull your belly button in and exhale as you slide your hands up your thighs going no farther than your knees. Slowly come back down. That’s one rep. Do 20.

**NOTE:** Focus on looking at the ceiling, not your knees, keeping your chin tucked.

## Advanced

**Plank:** Place a yoga mat, carpet or towel on the floor and get down on your hands and knees. Clasp your hands and place your forearms on the ground while getting on your toes.

This is a plank position. Draw your belly button in and keep breathing. Try to hold a plank for 30-60 seconds.

Repeat up to 3 times if it was easy for you.

**NOTE:** If this hurts your back, go onto your knees and stop.

Remember, we are in this together, so post your workout progress in the Facebook group so we can cheer each other on!

I will be adding exercises to this document so check back often. 😊