



# WORKOUTS

EAT REAL

28 DAY CHALLENGE



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A woman with brown hair in a ponytail, wearing a grey tank top and green leggings, stands with her hands on her hips, smiling and looking out a large window. The room has light-colored walls and a wooden floor. A blue rug is on the floor in the foreground.

# THE SCHEDULE

This plan includes 14 days of workouts for days 1-14, with days 7 and 14 as active rest and recovery days. Then, simply start over and repeat those same workouts for days 15-28. Each workout has an accompanying instructive video demonstrating each move. Take care to watch each video before you begin so that you'll be prepared for the workout in front of you. If any questions arise, be sure to post them on our private Facebook group and I'll do my best to answer them ASAP!





# WHY HIIT?

HIIT stands for High Intensity Interval Training.

HIIT workouts involve alternating between specific movements meant to spike your heart rate, get your muscle fibers firing and get your body moving. HIIT workouts have also been scientifically proven to burn more fat in a shorter amount of time than more traditional, steady state cardio options. I can promise you, with these workouts you will definitely break a sweat, and you will also see maximum results in a minimal amount of time.

The best part is that each HIIT workout included in this program can be done pretty much anywhere and with little to no equipment. There are a couple of days that call for a treadmill or stationary bike, but don't worry, if you don't have access to either of those, just swap that day for a different workout with equal intensity. You can always get creative too! For example, if the program calls for treadmill sprints, find a hill and run hill sprints instead, or find a track and challenge yourself there. The goal is to spike your heart rate and break a good sweat.



A woman with brown hair in a ponytail is performing a hamstring stretch on a black mat. She is wearing a white sleeveless top and maroon leggings. Her hands are reaching towards her right foot. The background shows a blue couch and a light-colored wall.

# STRETCHING SAVES

Even though a stretching session is not programmed into these workouts, please PLEASE take time after your sweat sesh to properly cool down. A good 5-10 minutes of stretching and releasing those muscles you worked so hard will do wonders to eliminate lactic acid buildup and prevent soreness. I highly recommend investing in a foam roller to help roll out any knots and to help target and relieve those sore muscles. Your body will thank you, so don't skip the stretch!

Now, let's get to work!



DAY  
01

# TONE & TIGHTEN

## 1. JUMPING JACKS (45 SECONDS)

\*rest 10 seconds

## 2. MOUNTAIN CLIMBERS (45 SECONDS)

\*rest 10 seconds

## 3. BODYWEIGHT SQUATS (45 SECONDS)

\*rest 10 seconds

## 4. BURPEES (45 SECONDS)

\*rest 10 seconds

## 5. TUCK JUMPS (45 SECONDS)

\*rest 10 seconds

## 6. PUSH UPS (45 SECONDS)

\*rest 10 seconds

## 7. HIGH KNEES (45 SECONDS)

\*rest 60 seconds

**\*REPEAT 3 X**



# CARDIO SHRED



**50 JUMPING JACKS**

**50 AB CRUNCHES**

**45 JUMPING JACKS**

**45 BODYWEIGHT SQUATS**

**40 JUMPING JACKS**

**40 JUMP LUNGES**

**35 JUMPING JACKS**

**35 KNEE PUSH UPS**

**30 JUMPING JACKS**

**30 BURPEES**

**25 JUMPING JACKS**

**25 AB CRUNCHES**

**20 JUMPING JACKS**

**20 BODYWEIGHT SQUATS**

**15 JUMPING JACKS**

**15 JUMP LUNGES**

**10 JUMPING JACKS**

**10 KNEE PUSH UPS**

**5 JUMPING JACKS**

**5 BURPEES**



## ARM BUSTER

### 1. ASYMMETRICAL PUSH UPS (45 SECONDS)

\*rest 10 seconds

### 2. TRICEP DIP (45 SECONDS)

\*rest 10 seconds

### 3. SPIDERMAN PUSH UPS (45 SECONDS)

\*rest 10 seconds

### 4. PIKE PUSH UPS (45 SECONDS)

\*rest 10 seconds

### 5. SHOULDER TAP (45 SECONDS)

\*rest 10 seconds

### 6. TRADITIONAL PUSH UPS (45 SECONDS)

\*rest 10 seconds

**\*REST FOR 60 SECONDS IN BETWEEN SETS.**

(1-6 is One Set)

**\*REPEAT 2 X**

#### OPTIONAL:

Add a 20 minute steady state cardio workout after for an additional burn. Power walking, running, treadmill, stationary bike, stairmaster. Your choice!



## AB CIRCUIT

### 1. RUSSIAN TWIST (30 SECONDS)

\*rest 10 seconds

### 2. REVERSE CRUNCH (30 SECONDS)

\*rest 10 seconds

### 3. BURPEES (30 SECONDS)

\*rest 10 seconds

### 4. PLANK TWIST (30 SECONDS)

\*rest 30 seconds

### 5. IN AND OUTS (30 SECONDS)

\*rest 10 seconds

### 6. V UPS (30 SECONDS)

\*rest 10 seconds

### 7. MOUNTAIN CLIMBERS (30 SECONDS)

\*rest 10 seconds

### 8. OBLIQUE SIDE CRUNCH (30 SECONDS)

\*rest 10 seconds

### 9. PLANK (30 SECONDS)

\*rest 10 seconds

### 10. SKATERS (30 SECONDS)

\*rest 10 seconds

**\*REST 60 SECONDS  
BETWEEN EACH SET.**

**(1-10 is ONE SET)**

**\*REPEAT 3 X**



# FAST & FURIOUS

Time to jumpstart your metabolism with some sprints around the neighborhood. If you have a nearby hill, that's even better. This can be done on an indoor track as well.

**WARM UP: 5 MINUTE MARCH IN PLACE OR SLOW JOG**

**SPRINT 100M**

\*rest 25 seconds

**SPRINT 250M**

\*rest 40 seconds

**SPRINT 400M**

\*rest 90 seconds

**\*REPEAT 4X**



# FULL BODY BURN

**50 JUMPING JACKS**  
**50 MOUNTAIN CLIMBERS**  
**20 BODYWEIGHT SQUATS**  
**10 BURPEES**  
**25 SIT UPS**  
**1 MINUTE PLANK**

\*rest 30 seconds

**50 JUMPING JACKS**  
**20 LUNGES**  
**15 PUSH UPS**  
**20 BODYWEIGHT SQUATS**  
**15 TRICEP DIPS**  
**25 CRUNCHES**  
**1 MINUTE PLANK**

\*rest 30 seconds

**50 JUMPING JACKS**  
**20 CROSS BODY PUNCHES**  
**20 DONKEY KICKS**  
**20 BODYWEIGHT SQUATS**  
**25 RUSSIAN TWISTS**  
**25 BIKE CRUNCHES**  
**1 MINUTE PLANK**

\*rest 30 seconds

**\*REPEAT EACH ROUND 2X**



# REST & RECOVERY

## **\*ACTIVE REST AND RECOVERY**

(short, 25-minute or less slow jog, get a massage, go on a hike, do something fun!)

**ALLOW YOUR MUSCLES TO REST AND RECOVER  
FOR THE NEXT ROUND!**





# CYCLE HIIT

**HOP ON A STATIONARY BIKE, & FOLLOW THIS FORMULA.  
GET THAT STOP WATCH READY!**

**WARM UP AT A MODERATE PACE ON THE BIKE  
FOR 5 MINUTES.**

**BEGIN INTERVALS WITH 1 MINUTE,  
AS FAST AS YOU CAN GO.**

*\*rest 25 seconds*

**REPEAT FOR 25 MINUTES TOTAL**

**COOL DOWN AT A MODERATE PACE FOR 5 MINUTES**

**\*\*If you don't have access to a stationary bike feel free to switch this workout for another HIIT session of equal intensity and duration like Day 5 Sprints.**

## HEART RATE HEAVEN

1. JUMPING JACKS (1 MINUTE)

2. BODYWEIGHT SQUATS (30 SECONDS)

3. FRONT LUNGES, ALTERNATING LEGS (30 SECONDS)

4. HIGH KNEES (1 MINUTE)

5. BURPEES (30 SECONDS)

6. CURTSY LUNGES, ALTERNATING LEGS (30 SECONDS)

7. MOUNTAIN CLIMBERS (30 SECONDS)

8. PLANK (1 MINUTE)

9. SIDE LUNGES, EACH SIDE (30 SECONDS)

10. BUTT KICKERS (1 MINUTE)

11. BODYWEIGHT SQUATS (30 SECONDS)

12. PLANK (1 MINUTE)

13. HIGH KNEES (1 MINUTE)

14. FRONT LUNGES, ALTERNATING LEGS (30 SECONDS)

15. PUSH-UP (30 SECONDS)

\*Modify as Necessary

**STRETCH FOR 5 MINUTES TO COOL DOWN.**



**DAY  
10**

# PLYO BURN

**20 SQUAT JUMPS**  
**20 JUMPING JACKS**  
**15 MOUNTAIN CLIMBERS**  
**15 BURPEES**  
**15 PUSH UPS**  
**10 TUCK JUMPS**

\*rest 30 seconds

**REPEAT 5 X**



**DAY  
11**

# **LEG DAY**

**50 BODYWEIGHT SQUATS  
10 BURPEES**

**100 BODYWEIGHT SQUATS  
20 BURPEES**

**150 BODYWEIGHT SQUATS  
30 BURPEES**

**100 BODYWEIGHT SQUATS  
20 BURPEES**

**50 BODYWEIGHT SQUATS  
10 BURPEES**



# **TREADMILL BURN**

**HOP ON A TREADMILL.**

**WARM UP AT A MODERATE JOGGING PACE (5 MINUTES)**

**SPRINT AS FAST AS YOU CAN (1 MINUTE)**

**PLACE FEET CAREFULLY ON SIDES AND REST (1 MINUTE)**

**\*REPEAT FOR 20 MINUTES**

**COOL DOWN AT A MODERATE WALKING PACE (5 MINUTES)**

**\*\*If you don't have access to a stationary bike feel free to switch this workout for another HIIT session of equal intensity and duration like Day 5 Sprints.**



**DAY  
13**

# **SIX PACK CYCLE**



**10 BURPEES**

**20 MOUNTAIN CLIMBERS**

**15 PUSH UPS**

**20 SQUATS**

**15 HIGH KNEES**

**2 MIN PLANK**

**30 AB CRUNCHES**

*\*rest for 30 seconds*

**\*REPEAT 5 X**



DAY  
14

# REST & RECOVERY

## **\*ACTIVE REST AND RECOVERY**

(short, 25-minute or less slow jog, get a massage, go on a hike, do something fun!)

**ALLOW YOUR MUSCLES TO REST AND RECOVER  
FOR THE NEXT ROUND!**

