

# 14 DAY CHALLENGE GUIDE

Welcome to your 14 Day Challenge!

If you haven't done so, please subscribe to my [Youtube channel](#) so you never miss a new workout.

The purpose of this challenge is to help you kickstart your home workout routine and start getting the results you want! Obviously, you're not going to lose 10 lbs in 2 weeks, but you can still start to do the right things so that you can get to your goals in time.

In this guide you'll set your goals and set your workout schedule. This will help you stay accountable for yourself!

You'll also find tips on how to stay consistent. I know how hard it is to workout at home. I have been working with people for years on home workouts. What it really comes down to is having accountability.

Now, this challenge is free so it's up to you to follow through and get the workouts done. However, in our main program accountability is huge. You're matched with a coach to help you set goals, stay motivated, answer questions, give any modifications, and give you that push on days you really don't want to workout. If you want to learn more about this program, check out [www.northbaysc.com/6weeks](http://www.northbaysc.com/6weeks)

Okay, let's set your goals and plan out the next 2 weeks!

## 1. Set your goals.

### 1a. Long-term goals

What made you interested in the challenge? What goals do you have?

(lose 20 lbs, be stronger, see more definition, etc.)

Now let's dig deep. Be honest with yourself.

Why do you want to lose the weight? How will it make you feel?

The deeper you can dig the more likely you are to stick to your workouts!

### 1b. Challenge goals

Set your start day. What day are you beginning this challenge? Pick it now and stick to it.

Set goals for week 1 and week 2. How many workouts do you want to aim for?

I'd suggest at least 3 each week. But if you really want a challenge, go for 5!

Can you eat healthy for two weeks too? We all know nutrition is a big part of getting results!

## 2. Set your schedule

You have 10 workouts + 3 bonus workouts to complete. Below are sample schedules based on working out 3, 4, or 5 days each week.

### 3 Days

Based on this schedule you'll still have 4 extra workouts after the 14 days. So you can continue on for another week!

Day 1 Workout 1  Bonus Strength- Back & Hamstrings	Day 2	Day 3 Workout 2  Bonus Strength- Leg Strength	Day 4	Day 5 Workout 3  Bonus Strength- Chest, Shoulders & Triceps	Day 6	Day 7
Day 8 Workout 4  Bonus Strength- Back & Hamstrings	Day 9	Day 10 Workout 5  Bonus Strength- Leg Strength	Day 11	Day 12 Workout 6  Bonus Strength- Chest, Shoulders & Triceps	Day 13	Day 14

### 4 Days

Based on this schedule you'll still have 2 extra workouts after the 14 days.

Day 1 Workout 1  Bonus Strength- Back & Hamstrings	Day 2 Workout 2  Bonus Strength- Leg Strength	Day 3	Day 4 Workout 3  Bonus Strength- Chest, Shoulders & Triceps	Day 5 Workout 4	Day 6	Day 7
Day 8 Workout 5  Bonus Strength- Leg Strength	Day 9 Workout 6  Bonus Strength- Chest, Shoulders & Triceps	Day 10	Day 11 Workout 7  Bonus Strength- Back & Hamstrings	Day 12 Workout 8	Day 13	Day 14

## 5 Days

There are multiple ways you can work 5 days in.

Workout 5 days straight.

Workout 3 days straight, rest 1 day, then 2 days straight, and rest day 7.

Workout 2 days straight, rest 1 day, then workout 3 days straight, and rest day 7.

It's your choice what your schedule is, but it's important to plan it out. I'll include a blank schedule at the end of this guide so you can print it and write in your own schedule, and cross off the days as you go!

Day 1 Workout 1  Bonus Strength- Back & Hamstrings	Day 2 Workout 2  Bonus Strength- Leg Strength	Day 3 Workout 3  Bonus Strength- Chest, Shoulders & Triceps	Day 4 Rest	Day 5 Workout 4	Day 6 Workout 5	Day 7 Rest
Day 8 Workout 6  Bonus Strength- Chest, Shoulders & Triceps	Day 9 Workout 7  Bonus Strength- Back & Hamstrings	Day 10 Workout 8  Bonus Strength- Leg Strength	Day 11	Day 12 Workout 9	Day 13 Workout 10	Day 14 Rest

## 3. Schedule out your workout time.

Make it non-negotiable. Your health and fitness is a priority. Carve out 40-60 minutes to yourself.

### Tips to workout first thing in the morning:

Have a busy schedule? Maybe working out first thing in the morning is best. Even if it's 5:30am or 6am!

Not used to working out early but need/want to?

- Have your workout clothes laid out ahead of time for the morning.
- Make sure to get to bed early. 7-8 hours of sleep!
- Pick an alarm that's actually going to get you out of bed. Put your phone across the room so it forces you to get out of bed to turn it off.
- Once you're up, you're up! Start walking around. Splash some cold water on your face, drink a glass of water, change, and start stretching/warming up.

### **Tips to workout after work:**

Need to workout after work but struggle with energy?

- Get to it right away. No sitting down when you get home! Change and get started.
- If you're commuting home, drink some water and even have a small snack on your drive. Give yourself the hydration and fuel you need to workout.
- Set an alarm on your phone for your workout time. When it goes off, it's time to get to work.
- Remember how much better you'll feel once you finish the workout.

## **4. Tips to staying consistent.**

Consistency is the key to getting results. Use these tips to help you stay consistent.

- Check in with yourself every Sunday or Monday and set weekly goals that have nothing to do with bodyweight/aesthetics.
  - Set your weekly workout goals.
  - Set your weekly nutrition goals.
- Track your progress:
  - Take a progress photo of yourself at the start, and once per month. Sometimes the scale won't show your progress!
  - Weigh yourself as you feel comfortable. Daily, weekly, or bi-weekly.  
Use the scale as a tool and not something you dread. Remember, sometimes the scale won't move as fast as we want (or if at all sometimes).
  - Take notes on your workouts. How you feel, the weights you're using, how tough they are, etc. Then you'll be able to tell if you're getting faster or stronger.
- Be confident that you're getting stronger & healthier!  
Know that you're putting in the work to lose weight, get stronger, or accomplish whatever goal that you have. It takes a mindset shift to start new habits. Believe in yourself and believe that you are going to reach your goals!

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14



**NORTH BAY**  
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