



MINDFUL EATING

By Stephanie's Wellness

28 DAY CHALLENGE

beginners workout program



MEET YOUR WELLNESS COACH AND
ARBONNE INDEPENDENT CONSULTANT
STEPHANIE L LOPEZ

DISCLAIMER

You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

Mindful Eating & Stephanie's Wellness offers wellness, health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on this site. The use of any information provided on Mindful Eating & Stephanie's Wellness is solely at your own risk.

Developments in medical research may impact the health, fitness and nutritional advice that appears here. No assurance can be given that the advice contained in this site will always include the most recent findings or developments with respect to the particular material.

If you are in the United States and think you are having a medical or health emergency, call your health care professional, or 911, immediately.

Certain health or medical material on this site may be sexually explicit. Please do not use this site if you would find these materials offensive.

By entering this website or purchasing or using our blog, e-mails, programs, services, and/or products, you are agreeing to accept all parts of this disclaimer. Thus, if you do not agree to the disclaimer below, STOP now, and do not use our website, blog, e-mails, programs, services, or products.

Hello Ladies!

I hope you are staying safe during this crucial moment we are going through in the world and I am super happy to having you here today.

I wanted to start our first month with a quick and easy workout plan perfect for beginners and for working out at home with no equipment at all. I know these days are going to be a little overwhelming so I wanted to make one program where it is easy not just for beginners but quick as well.

I found this great program from Adidas runtastic.com team (<https://www.runtastic.com/blog/en/beginner-at-home-workout-challenge/>), and I knew I wanted to share this with you and help you do them along the way. These are their workouts, they were not created by me. To keep the program integrity, I am using their same words so I can make sure I don't misunderstand anything from their advice.

What you will have that it is all me, it the workout videos, this mini e-book and the coaching support. You can share your progress, experience and thought in our community forum under the fitness category and of course on your social media tagging [@amindfuleating](#) or [@stephanieswellnessdotcom](#) so other ladies can join our community when we open again.

Let's get started!

P.S. If you are looking for a program that will help you to detoxify your body and help you lose some extra pounds while performing your workout programs, then ask about our "30 Day Healthy Mindful Program" or look for it out on the home page.



The Challenge

You've wanted to start working out for a long time now, but there's always something in your way.

You open a YouTube video and can barely follow the exercises...

You plan a workout and end up running out of time again...

You really want to start going to the gym but don't know how...

Ok, it's time to strip a fitness routine down to essentials and finally stick with it!

Here's why the following home workout plan is a great first step toward getting in shape and losing weight:

- No equipment required
- Simple exercises even total beginners can do
- Short, under 15-minute workouts
- Only 3 exercises per workout – easy to remember
- Only 3 workouts per week
- Time-based workouts – adjust intensity to your level
- 28-day (4 weeks) duration is ideal to create a habit

WHAT ARE THE RULES FOR THIS HOME WORKOUT CHALLENGE?

This simple home workout challenge doesn't have many rules:

- Do all 3 workouts each week.
- Choose any day/time that suits you.
- Do as many reps as you can with good form.
- Write down the number of reps and see if you can do more next week (you can track your workouts with the mindful journal provided to you for FREE with your membership monthly).
- Rest 30 secs to 1 min between rounds.
- Add some rest between the exercises if needed.

THE "STICK WITH IT!" HOME WORKOUT CHALLENGE

Your main goal:

stick to a workout plan for 4 weeks, no matter what.

All you have to do is download and print the challenge (this printable) and do your first workout whenever it suits you or follow the recommended program.

WHAT CAN YOU EXPECT FROM THIS CHALLENGE?

The point of this challenge is to get you to start working out regularly and create a habit. This is exactly what most people fail to do before they actually see results. This challenge will prepare you for a more detailed and personalized workout plan, like the ones we will be doing in our community.

Start small and increase the intensity later...

This is the foundation of all successful body transformation stories.

You could be the next success story!

Program Overview

28 DAY WORKOUT CHALLENGE

WEEK 1

DAY 1

30s jumping jacks
30s squats
30s high planks

4 rounds
max: 7 minutes

DAY 2 rest

DAY 3

30s knee push-ups
30s forward lunge
30s mountain climbers

5 rounds
max: 11:30 minutes

DAY 4 rest

DAY 5 rest

DAY 6

30s high knees
30s inchworms
30s jump squats

4 rounds
max: 7 minutes

DAY 7 rest

WEEK 2

DAY 8 rest

DAY 9

60s jumping jacks
60s squats
30s high planks

3 rounds
max: 9:30 minutes

DAY 10 rest

DAY 11

30s knee push-ups
30s backward lunges
30s 4-count burpees

4 rounds
max: 7 minutes

DAY 12 rest

DAY 13

30s high knees
30s wall sit
30s bridge

5 rounds
max: 11:30 minutes

DAY 14 rest

WEEK 3

DAY 15

60s jumping jacks
60s squats
30s low planks

4 rounds
max: 13 minutes

DAY 16 rest

DAY 17

30s knee push-ups
30s high knees
30s bridge

5 rounds
max: 11:30 minutes

DAY 18 rest

DAY 19

60s 4-count burpees
30s wall sit
30s tricep dips

4 rounds
max: 11 minutes

DAY 20 rest

DAY 21 rest

WEEK 4

DAY 22

60s jumping jacks
30s jumping squats
30s low planks

5 rounds
max: 14 minutes

DAY 23 rest

DAY 24

30s high knees
30s forward lunges
30s inchworms

6 rounds
max: 14 minutes

DAY 25 rest

DAY 26 rest

DAY 27

60s push ups
30s wall sit
30s mountain climbers

4 rounds
max: 11 minutes

DAY 28 rest

30s/60s equals 30-60 seconds
Rest 30-60 seconds between rounds

Congratulations!



MINDFUL EATING

By Stephanie's Wellness

FOR ALL THE WORKOUT VIDEOS MAKE SURE TO CHECK
OUT THE MINDFUL EATING WEBSITE

www.amindfuleating.com

“

I am capable of what I am
willing to work for.

UNKNOWN