

# BWLW's July Jumpstart Challenge #BWLWJuly

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Get the Full July Challenge Details at</b> <a href="http://BlackWeightLossSuccess.com">BlackWeightLossSuccess.com</a> <b>Instagram: @blackwomenlosingweight</b> <a href="http://www.facebook.com/blackwomenlosingweight">www.facebook.com/blackwomenlosingweight</a>		1 30 - 45 Min of Cardio Exercise	2 HIIT Booty Workout	3 Arms and Cardio Workout	4 Work Those Abs Workout	5 REST
6 30 - 45 Min of Cardio Exercise	7 Thighs So Toned Workout	8 Arms and Cardio Workout	9 30 - 45 Min of Cardio Exercise	10 HIIT Booty Workout	11 Full Body Burn Workout	12 REST
13 30 - 45 Min of Cardio Exercise	14 Arms and Cardio Workout	15 Thighs So Toned Workout	16 45 Min - 1 hour of Cardio Exercise	17 Work Those Abs Workout	18 Full Body Burn Workout	19 REST
20 45 Min - 1 hour of Cardio Exercise	21 HIIT Booty Workout	22 Work Those Abs Workout	23 45 Min - 1 hour of Cardio Exercise	24 Arms and Cardio Workout	25 Full Body Burn Workout	26 REST
27 45 Min - 1 hour of Cardio Exercise	28 Thighs So Toned Workout	29 Full Body Burn Workout	30 45 Min - 1 hour of Cardio Exercise	31 Arms and Cardio Workout		

The number of sets you will do of each routine will depend on your level of fitness. **Rest for 30 sec between each exercise.** Rest more if you need to and do these workouts at your own pace. Break the exercises up if you need to as well. You can add these circuits with your regular daily workouts if you already have a regular schedule. Don't know a move? We've included videos of the moves on our blog (see the next page).

**\*Disclaimer:** Before starting any exercise program, please consult with your doctor. We cannot be held responsible for any injuries resulting from attempting this exercise routine. If you have injuries that could be worsened, are pregnant, have knee issues, or are suffering neck and back pain, you should speak with a professional trainer about what workouts would be best for you. Do not attempt if you have current injuries, past surgeries or other physical issues/health issues that could be affected by exercise. Don't forget to stretch before and after working out to avoid injuries. If you feel pain or severe discomfort, stop.

**Our Goal for July is to Workout Regularly** – Commit to working out 5-6 days a week for at least 30 min in a way that makes you sweat. For an extra boost, [Join our July DietBet!](#) Here is the link to the full challenge details. [www.blackweightlosssuccess.com/july-2015-challenge/](http://www.blackweightlosssuccess.com/july-2015-challenge/)

### **Workout Links – Videos of the Moves Posted**

- **HIIT Booty Workout** - [www.blackweightlosssuccess.com/hiit-booty-workout/](http://www.blackweightlosssuccess.com/hiit-booty-workout/)
- **Arms and Cardio Workout** - <http://www.blackweightlosssuccess.com/arms-and-cardio-circuit-workout/>
- **Work Those Abs Workout** - <http://www.blackweightlosssuccess.com/work-those-abs-workout/>
- **Thighs So Toned Workout** - <http://www.blackweightlosssuccess.com/thighs-so-toned-workout/>
- **Full Body Burn Workout** - <http://www.blackweightlosssuccess.com/bwlw-full-body-burn-workout/>

It's ok if you can't get through all of the moves, Do the best you can and make modifications. One modified pushup on your knees is better than no pushups. It's also ok to reduce the number of moves if you are a beginner and then build up to doing more over the course of the month. Do YOUR best. Do what works best for you. Start of slow if you need to!

### **On Days that we don't do cardio, how many times should I do the workout listed for the day?**

Do 1-3 sets of the circuit of exercises listed for the day. The number of time you will repeat the circuit depends on YOUR level of fitness and what your normal workout routine is. You may be just adding a round or two of these workouts to your regular workout routine for an added boost and that's great.

### **How often should I rest during the workout?**

Rest for 30 sec to 1 min between exercises, but take more time if you need it. Break the exercises up, take rest when you need to and go at your own pace. For example, you may need to **break 30 jumping jacks into 2 sets of 15** and take a 30 second to 1 minute break in between, that's fine.

### **What Should You Eat?**

Whether you Eat Clean, Paleo, Vegetarian, etc... I suggest that you eat well balanced meals. Eat meals that are full of healthy, unprocessed foods. Use our [Clean Eating Foods List](#) for some guidance. [www.blackweightlosssuccess.com/your-clean-eating-foods-list/](http://www.blackweightlosssuccess.com/your-clean-eating-foods-list/) There are a lot of free, healthy meal plans online. [Here are a few sources.](#)  
[www.blackweightlosssuccess.com/more-free-meal-plans/](http://www.blackweightlosssuccess.com/more-free-meal-plans/)