

8-Week Exercise Plan (Free Version)

by Corey Bustos



How to use the exercise plan

This 8-week exercise plan **gets progressively harder**, and so can be used as a week by week guide, or if the pace is too fast you can repeat the level that you are comfortable with and then **progress to the next difficulty when you are ready**. The workouts cover a variety of muscle groups depending on the day of the week.

This exercise plan is the free version of the 8-Week Weight Loss Challenge, and is just one of plans that come with [the full version](#).

In the guide I will give tips on how to perform your workouts, and how to make some movements easier if they are too difficult, but **if you find that one of the exercises does not work well with your current body type, skip that movement** and look forward to the fact that things will soon change, especially if you follow the diet too.

There are 3 scheduled rest days for each week, which are important not just for physical recovery... but it's also important to know that **you don't have to work out every day of the week to lose lots of weight**. If you want to work out on these days, feel free to repeat a workout of your choice or do any other exercise outside of the program that you enjoy. **Cardio day is optional**, since you will get plenty of cardio with the floor exercises... and running can honestly be a bit difficult if you are very overweight. So, do what's comfortable for you. **There is also a list of dumbbell exercises** if you have dumbbells at home and want to go above and beyond!

As long as you are increasing your physical activity you WILL see success, so don't worry about being perfect. I can't stress enough how important this is for long term success. **Progress comes from improvement, not perfection!**

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The contents of this book are the opinions of the author and should not be taken as medical advice. Always consult your healthcare professional before beginning any exercise or diet program.

If you experience any pain or difficulty during exercise, stop and consult your healthcare provider. Participants assume all risks associated with exercise activity and dietary changes. Neither Corey Bustos nor TheShapeWithin.com nor 8WeekWeightLossChallenge.com will be held liable for any injuries that occur.

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Thank you!

	Full Body Day	Rest Day/ Any Workout	Leg Day	Rest Day/ Any Workout	Core Day	Rest Day/ Any Workout	Bonus Cardio Day
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	10 Pushups 10 Air Squats 10 Sit-ups 10 Burpees	Rest/ Any Workout	25 Air Squats	Rest/ Any Workout	25 Sit-ups 10 Leg Raises	Rest/ Any Workout	Walk or jog
2	20 Pushups 20 Air Squats 20 Sit-ups 20 Burpees	Rest/ Any Workout	50 Air Squats	Rest/ Any Workout	50 Sit-ups 50 Flutter Kicks	Rest/ Any Workout	Walk or jog
3	30 Pushups 30 Air Squats 30 Sit-ups 30 Burpees	Rest/ Any Workout	50 Lunges (25 Each Side)	Rest/ Any Workout	75 Sit-ups 75 Russian Twists	Rest/ Any Workout	Jog
4	40 Pushups 40 Air Squats 40 Sit-ups 40 Burpees	Rest/ Any Workout	50 Air Squats 50 Lunges	Rest/ Any Workout	100 Sit-ups 50 Leg Raises	Rest/ Any Workout	Quarter Mile: Jog then walk
5	50 Pushups 50 Air Squats 50 Sit-ups 50 Burpees	Rest/ Any Workout	75 Air Squats	Rest/ Any Workout	150 Flutter Kicks 150 Russian Twists	Rest/ Any Workout	Quarter Mile: Jog then walk
6	60 Pushups 60 Air Squats 60 Sit-ups 60 Burpees	Rest/ Any Workout	100 Air Squats	Rest/ Any Workout	100 Leg Raises	Rest/ Any Workout	Half Mile: Jog, walk, jog...
7	70 Pushups 70 Air Squats 70 Sit-ups 70 Burpees	Rest/ Any Workout	100 Lunges (50 Each Side)	Rest/ Any Workout	200 Sit-ups	Rest/ Any Workout	Half Mile: Jog, walk, jog...
8	100 Pushups 100 Air Squats 100 Sit-ups 100 Burpees	Rest/ Any Workout	100 Air Squats 100 Lunges	Rest/ Any Workout	100 Sit-ups 100 Flutter Kicks 100 Russian Twists 50 Leg Raises	Rest/ Any Workout	Mile: Do your best!

Extra Dumbbell Exercises	Curls	Shoulder Press	Weighted Lunges	Lawnmower Pull	Chest Press	Overhead Squat	Shrugs	Front Raise
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How many reps should you do per set?

With any exercise, the ideal amount of reps that you should do in one set is the amount that really gives your muscles a good burn, but not so many that you hurt yourself or can't finish the whole workout. It's good practice to do about 75% of the max reps you think you can handle at one time, before taking a rest. So, if you think you can do 10 pushups at a time if you pushed your limits, do about 7 or 8 reps before taking a rest.

Do as many sets as it takes to complete the workout, take as many rests as needed... but just be sure to give it your best so that you get a good workout. If a workout has multiple exercises, you can choose whether you want to alternate between the exercises, or to finish all of your reps for one exercise before moving on to the next.

Monday: Full Body Day

10 Pushups

10 Squats

10 Sit-ups

10 Burpees



Pushups- Pushups are a familiar exercise among most people. They work your chest primarily, but also your core, arms, and shoulders. Doing pushups, like most other floor exercises will also get your heart and breathing rate up.

If pushups are a bit too hard for you, you can do them from your knees. Lean forward to make sure you still have good resistance when doing pushups from your knees.

Squats- Squats are another common exercise. Although we usually think of having a bar and weight on our back when squatting, it can be done right from your living room without any weight except your own bodyweight. Make sure that your feet are shoulder width apart, with your toes pointing slightly outwards. Keep your back straight and your chest held high for good and stable posture. Squat down while keeping good posture, and bring your butt down just below your knees (if you can) so that you get a good full movement.

Keeping your back strait and chest held high, raise yourself back up with your leg muscles.

If squats are a bit too hard for you, you can use a flat surface like a bench or even your couch to provide support as you squat down. If possible, avoid sitting all the way down and simply tap your butt on the surface, then stand back up like a normal squat. This will keep you from falling if needed, and will help you build the strength for this movement in a controlled way.

Sit-ups- Yet another very familiar exercise. The way most people are used to doing sit-ups is with someone holding their feet or with them tucked under the couch, but there are even easier ways to do them as well.

First, if you find that sit-ups are too hard for you, crunches are a great way to start. When doing crunches, make sure that when you put your hands behind your head for support, you are not bending your neck. Keeping your elbows wide will help with this.

Straight-leg sit-ups: These are what they sound like. Lay on the floor with straight legs, but instead of putting your hands behind your head for support, swing your arms from behind your head to your feet to use the momentum to do a sit-up. Try to touch the floor behind your head, and then touch your feet with each repetition.

Butterfly sit-ups: The only difference between these and straight-leg sit-ups is how your legs are positioned. Simply bend your legs so that your knees are facing outward, and do your sit-ups like this, still swinging your arms for momentum and touching your feet with each repetition.

Burpees- Burpees are a little less familiar with most people, but they are an amazing full body exercise that just can't be skipped over. Burpees work cardio as much as muscle, so expect a really good burn! Doing a burpee is basically getting down onto the floor, doing a pushup, and then getting back up. Remember the burpee mantra, "**chest to the floor, hands above head, feet off the floor.**"

If you see this exercise done by someone who is pretty fit, it will look very smooth and quite fast, but don't let that lead you into thinking that you can't do it. Take your time with burpees if you need to. It's okay to get down onto the floor one knee at a time, just make sure that your chest touches the floor at the bottom of the movement, and when you get back up into a standing position... extend your hands above your head and make sure that your feet come off of the floor just a little bit so that you know you got a good full movement.

Tuesday: Rest Day/ Any Workout

Wednesday: Leg Day

25 Squats

Thursday: Rest Day/ Any Workout

Friday: Core Day

25 Sit-ups

10 Leg Raises

Leg Raises- Leg raises are a great addition to your core workout. They burn a little bit more than sit-ups do, and work the lower part of your abs more. Lay on the floor with your legs straight. Put your hands under your butt with your palms facing down, which will take some pressure off of your waist. Keep your legs straight, and raise them together off of the ground until they are perpendicular to your torso. Then, slowly lower your legs again without touching your feet to the floor (6 inches above), and repeat this motion.

Saturday: Rest Day/ Any Workout

Sunday: Optional Cardio Day

Walk or jog any amount

Monday: Full Body Day

20 Pushups

20 Squats

20 Sit-ups

20 Burpees



Tuesday: Rest Day/ Any Workout

Wednesday: Leg Day

50 Squats

Thursday: Rest Day/ Any Workout

Friday: Core Day

50 Sit-ups

50 Flutter Kicks

Flutter Kicks- These begin just like leg raises do... laying on the floor on top of your hands, with your legs straight. However, instead of raising your legs together in one big motion, with your feet held slightly off of the floor, move your legs up and down alternately like you are swimming.

You will find that your head will naturally come off of the floor a little bit as you do this exercise.

Saturday: Rest Day/ Any Workout

Sunday: Optional Cardio Day

Walk or jog any amount

Monday: Full Body Day

30 Pushups

30 Squats

30 Sit-ups

30 Burpees



Tuesday: Rest Day/ Any Workout

Wednesday: Leg Day

50 Lunges (25 Each Side)

Lunges- These are a great workout for your legs. A common way to do lunges is by walking, although you can stay in one spot to do them as well, which I recommend for at home.

To get into a good position for lunges, stand with your feet under your shoulders, toes facing straight forward. Then, while keeping one of your feet planted, take a step forward with the other. In this position you can now do a lunge. Keep your head held high and your back straight, bend your knees and dip down so that your front knee is bent at a 90 degree angle, and your back knee touches the floor. Rise back up into starting position keeping your feet planted, and repeat this movement.

Thursday: Rest Day/ Any Workout

Friday: Core Day

75 Sit-ups

75 Russian Twists

Russian Twists- These are another great addition to your core workout. Sitting on the floor with your legs straight, lean back slightly so that you can raise your feet about 6 inches off of the floor, and in this position: Touch your finger tips on both of your hands to the floor to one side of you (which will cause your legs to sway in the opposite direction), and then touch the floor on the other side of you without touching your feet to the floor. Repeat this alternating motion.

Saturday: Rest Day/ Any Workout

Sunday: Optional Cardio Day

Jog any amount

Monday: Full Body Day

40 Pushups

40 Squats

40 Sit-ups

40 Burpees



Tuesday: Rest Day/ Any Workout

Wednesday: Leg Day

50 Squats

50 Lunges (25 Each Side)

Thursday: Rest Day/ Any Workout

Friday: Core Day

100 Sit-ups

50 Leg Raises

Saturday: Rest Day/ Any Workout

Sunday: Optional Cardio Day

Quarter Mile- Jog and then walk the rest

Monday: Full Body Day

50 Pushups

50 Squats

50 Sit-ups

50 Burpees



Tuesday: Rest Day/ Any Workout

Wednesday: Leg Day

75 Squats

Thursday: Rest Day/ Any Workout

Friday: Core Day

150 Flutter Kicks

150 Russian Twists

Saturday: Rest Day/ Any Workout

Sunday: Optional Cardio Day

Quarter Mile- Jog and then walk the rest

Monday: Full Body Day

60 Pushups

60 Squats

60 Sit-ups

60 Burpees



Tuesday: Rest Day/ Any Workout

Wednesday: Leg Day

100 Squats

Thursday: Rest Day/ Any Workout

Friday: Core Day

100 Leg Raises

Saturday: Rest Day/ Any Workout

Sunday: Optional Cardio Day

Half Mile- Jog, walk, jog, etc...

Monday: Full Body Day

70 Pushups

70 Squats

70 Sit-ups

70 Burpees



Tuesday: Rest Day/ Any Workout

Wednesday: Leg Day

100 Lunges (50 Each Side)

Thursday: Rest Day/ Any Workout

Friday: Core Day

200 Sit-ups

Saturday: Rest Day/ Any Workout

Sunday: Optional Cardio Day

Half Mile- Jog, walk, jog, etc...

Monday: Full Body Day

100 Pushups

100 Squats

100 Sit-ups

100 Burpees



Tuesday: Rest Day/ Any Workout

Wednesday: Leg Day

100 Squats

100 Lunges (50 Each Side)

Thursday: Rest Day/ Any Workout

Friday: Core Day

100 Sit-ups

100 Flutter Kicks

100 Russian Twists

50 Leg Raises

Saturday: Rest Day/ Any Workout

Sunday: Optional Cardio Day

Full Mile- Do your best!