
14 DAY

Fire Starter Challenge!

The Fire Starter Challenge is a FREE workout and self-love jumpstart that will help ignite the flame from within and promote positive healthy changes in both your mind and body!

This challenge consists of three 20-minute, full body workouts and one 20 min. cardio workout. In addition, you will receive daily mini challenges to support and encourage new healthy habits. The calendar will show you options on how to complete the workouts, doing all 4 20-minute workouts each week along with one mini challenge each day. Finally, you'll receive several motivational and mindset videos sent straight to your inbox over the course of the next 14 days.

Make a promise to yourself to compete this 14 day challenge and you will begin to feel inspired, invigorated, happy and will truly start living and feeling your BEST again!

Workout 1

Walk, jog, dance, etc. for 5-10 minutes to get your body warmed up.

Set a timer for 20 min. Start with 3 reps of each movement and increase reps by 3 with every circuit (for example 3, 6, 9, 12, 15 etc.) See how many circuits you can do in 20 minutes. Be sure to stretch once your workout is complete.

Air Squats

Push-ups

Sit-ups

Workout 2

Walk, jog, dance, etc. for 5-10 minutes to get your body warmed up.

Complete each exercise for 40 seconds with a 20 second rest in-between each exercise repeating the entire circuit 2 times. You will need a clock or timer, mat, a medium set of dumbbells, and a water bottle for this workout. Be sure to cool down and stretch once your workout is complete!

0-40 seconds Squat Press (using a medium weight that matches your fitness level)

1:00-1:40 Mountain Climbers

2:00-2:40 Push-ups

3:00-3:40 Glute Raises

4:00-4:40 Alternating Dumbbell Renegade Rows

5:00-5:40 Burpees

6:00-6:40 Tricep Dips

7:00-7:40 Crunches

Workout 3

Walk, jog, dance, etc. for 5-10 minutes to get your body warmed up. Complete the first set of five exercises for 45 seconds each, giving yourself 15 seconds to transition between each exercise. Once each set of five exercises is complete, rest one minute before repeating. Repeat the entire circuit 4 times. You will need a mat, a set of dumbbells and a water. Be sure to cool down and stretch once your workout is finished.

Wood Choppers

Alternating Reverse Lunge

Froggers

Leg Levers

Air Squats

Workout 4

Walk, jog, dance, etc. for 5-10 minutes to get your body warmed up. Be sure to stretch once workout is finished. Complete this entire circuit in this order:

20 Quick Skips

20 Quick Skips, 5 Opposite Knees to Triceps

20 Quick Skips, 5 Opposite Knees to Triceps, 10 Skaters

20 Quick Skips, 5 Opposite Knees to Triceps, 10 Skaters, 10 Jump Squat Turns

20 Quick Skips, 5 Opposite Knees to Triceps, 10 Skaters, 10 Jump Squat Turns, 20 Plyo Power Knees

Repeat as many times as you can within a 20 minute period.