

TARA LAFERRARA

BONUS DAYS

BONUS DAY 1

Retests + Butt and Gut Workout

All right, team! Let's see how far you have come in this challenge. Make sure you take photos and/or videos and write it all down!

First, you'll do your full-body warm-up and then will get into these tests.

MOBILITY TESTS

- Ankles — range of motion (both sides)
- Squat Depth (Passive Squat Hold)
- Overhead Squat

STRENGTH TESTS

Take a video and/or photo of your timer.

- Max Push-Ups in a Row
- Longest Wall Sit
- Longest Hollow Boat Hold

Butt and Gut Workout

CIRCUIT 1

Complete two rounds of the following workout.

Exercise	Seconds
Scapular Push-Up	40
Rest	20
Plank to Down-Dog Toe Tap	40
Rest	20
Squat	40
Rest	20

CIRCUIT 2

Complete three rounds of the following workout.

Exercise	Reps/Time
Push-Up	12
Mini-Band Superman Pulldown	15
Dumbbell Overhead Triceps Extension	15
Rest	20-30 seconds

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2 X 6-MINUTE AMRAP

Starting with your right side, perform the following workout for as many rounds and reps as possible in six minutes. Repeat on the left side.

Exercise	Reps
Dumbbell Lying Leg Lift	10
Dumbbell Curtsy Lunge	10
Dumbbell Reverse-Lunge Pass-Through	8
Mini-Band Dumbbell Glute Bridge	10

CIRCUIT 3

Complete four rounds of the following workout. Rest 20 to 30 seconds between moves.

Exercise	Reps
Dumbbell Hammer Curl	10
Bent-Over Y	8
Dumbbell Skullcrusher	10

BONUS DAY 2

Athletic Conditioning Workout

CIRCUIT 1

Complete two rounds of the following workout.

Exercise	Seconds
High Knees	50
Rest	10
Skater	50
Rest	10
Bench/Box Jump	50
Rest	10
Three-Step Heisman	50
Rest	10

CIRCUIT 2

Perform four rounds of the following workout.

Exercise	Seconds
Dumbbell Woman-Maker	60
Rest	20
Mini-Band Curl Jack Press	60
Rest	20
Bench Lateral Hop-Over	60
Rest	20
Hover Tabletop Plank	60
Rest	20

CIRCUIT 3

Complete two rounds of the following workout.

Exercise	Seconds
Dumbbell Alternating Shoulder Press	50
Rest	10
Dumbbell Bent-Over Reverse-Grip Row	50
Rest	10
Plank Up/Down	50
Rest	10
Dumbbell Wall Sit	50
Rest	10
Mini-Band Bicycle Crunch	50
Rest	10

BONUS DAY 3

Choose your favorite lower-body workout of the program.

BONUS DAY 4

HIIT It and Quit It Workout

CIRCUIT 1

Complete two rounds of the following workout. Switch sides each round.

Exercise	Seconds
Single-Arm Forearm Plank	60
Rest	15
Tuck-In	60
Rest	15
Dumbbell Renegade-Row Push-Up	60
Rest	15
V-Up	60
Rest	15

CIRCUIT 2

Complete four rounds of the following workout.

Exercise	Seconds
Dumbbell Squat to Press	60
Rest	20
Dumbbell Bent-Over Row	60
Rest	20
Skater	60
Rest	20

CIRCUIT 3

Complete four rounds of the following workout. Switch sides each round.

Exercise	Seconds
Dumbbell Reverse Lunge to Squat	40
Rest	20
Dumbbell Squat Clean Press	40
Rest	20
Dumbbell Alternating Reverse-Grip Row	60
Rest	20

5-MINUTE EMOM

Every minute on the minute, complete the indicated task. Rest any remaining time, then begin again at the top of the next minute.

Exercise	Reps
Dumbbell Woman-Maker	3-4

BONUS DAY 5

Choose your favorite upper-body workout of the program.

BONUS DAY 6

Core and Cardio Workout

CIRCUIT 1

Complete two rounds of the following workout

Exercise	Seconds
High Knees	60
Rest	10
Three-Step Heisman	60
Rest	10
Push-Up to Side Plank	60
Rest	10
Mini-Band Bicycle Crunch	60
Rest	10

CIRCUIT 2

Perform two rounds of the following workout.

Exercise	Seconds
V-Up	45
Rest	15
Dumbbell Renegade Row Push-Up	45
Rest	15
Sphinx Push-Up	45
Rest	15

CIRCUIT 3

Complete four rounds of the following workout.

Exercise	Seconds
Bench Plank Hop-Over	50
Rest	10
Bench Lateral Hop-over	50
Rest	10
Bench Power Skip	50
Rest	10
Glider Single-Leg Mountain Climber*	25
Rest	10
X Plank Hold	50
Rest	10

*Switch sides each time.