

# HABIT MASTER

**14-DAY**  
**AT HOME**  
**CHALLENGE!**



human design

**TAKE OUR TEST TO SEE IF YOU ARE  
READY TO MAKE A CHANGE!**

# *Recipe for Any Type of Change:*

*First, define the problem. Second, try a proposed solution. Then, review and if needed try a different solution!*

## **PROBLEM:**

You want desperately to make a change and get fit. But, you don't know how or where to start...

Or you're concerned that once you start you won't be able to follow-through to your ultimate goal of keeping up a healthy lifestyle.

Now, we ALL have to fight that same battle, and our experts are here to provide that extra step. (Rather just dive in? See our What's Next page)

## **COMMON COMPLAINTS:**

- > *You don't have any time to get in shape*
- > *It's been difficult to stick to a fitness routine*
- > *You hate running on a treadmill for hours with no results*
- > *You're not really sure how motivated you are*
- > *You don't know where to start*

*We are going to address these items and more, by ACTION. Try a proposed solution and see which if any of these concerns we will tackle together to overcome these obstacles.*



# SOLUTION:

It's time to draw a line in the sand.

It's time to say, I'm ready NOW!

I challenge you (on your honor system) to pick a date TODAY to start your challenge.



*Starting this is going to be as easy as A-B-C!*

A) Write your start date: \_\_\_\_\_

Your own name: \_\_\_\_\_

*We're going to work through our obstacles through taking action, one day at a time. And prove that you are ready to begin! All it takes is the first step.*

*If you have any questions about this challenge, rather than not move forward, see our contact info near the back of this booklet and let us know.*

B) Pick the days you will exercise (do it before you start!)

- Try not to make them all consecutive days
- Note AM or PM workout on each

Mon	Tues	Wed	Thu	Fri	Sat	Sun
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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C) Review the Plan!

# THE ONLY EXERCISES YOU WILL NEED



**CHERRY  
PICKER OR  
SQUAT  
THRUST**



**PUSH-UP**



**PLANK OR  
MOUNTAIN  
CLIMBER**



**SQUAT  
OR  
LUNGE**





# habit master

*Start here*

***Alright, start here, Challenger! Believe it or not, you have already done half the work just by making the decision. This is often the hardest!***

## **EXERCISE PLAN:**

- **Work out 4 days each week for 2 weeks**  
*If you miss a day, try to make it up. If you miss 2 days, do not try to make up 2 days.*
- **If you have trouble with one of the movements, give us a call or do the closest you can** *However, do not continue a movement that is painful.*
- **Your goal is to prove that you are ready to get fit – just by getting through the workout!** *Take as much rest as needed to complete the plan.*
- **Click the exercise in order to view the video of how to complete it**
- **You will increase the intensity of your movement as well as track the time it takes you to complete each workout**
- **See your time reduce, workload increase or BOTH and let us know how you did!**

# WEEK 1

*Click on exercise name to watch the instructional video*

	<i>Day 1</i>	<i>Day 2</i>	<i>Day 3</i>	<i>Day 4</i>
<i>Elevated push-ups</i> (Reps: 10)				
<i>Towel squat</i> (Reps: 10)				
<i>Plank</i> (Reps: 20 seconds)				
<i>Mountain climber</i> (Reps: 20 alternating reps)				
<b>WORKOUT TIME:</b> (including rest)				

## WEEK 2

*Click on exercise name to watch the instructional video*

	<i>Day 1</i>	<i>Day 2</i>	<i>Day 3</i>	<i>Day 4</i>
<i>Push-ups</i> (Reps: 15 – no knees!)				
<i>Alternate lunges</i> (Reps: 20 alternating)				
<i>Plank with outside toe touch</i> (Reps: 20 alternating)				
<i>Squat thrust</i> (Reps: 15)				
<b>WORKOUT TIME:</b> (including rest)				



# WHAT'S NEXT?



## Personal Review

How did you feel about yourself after Week 1?

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## Week 2?

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Was it as hard as you thought it would be to work out?

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What would you have liked to do better?

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**Give us a call at: 0437 268 065**

**Or email us: [john@humandesign.com.au](mailto:john@humandesign.com.au)**

*To discuss your action plan and what type of workout plan will be right for you!*