



SUMMER *shared* CHALLENGE

transformation challenge





Welcome to the squad!

**THANK YOU FOR WANTING TO JOIN MY NEXT CHALLENGE AND FOR
LETTING ME BE YOUR COACH!**

**THIS IS *A SMALL INTRO TO SHOW YOU* WHAT TO EXPECT OUT OF THIS
NEW CHALLENGE IF YOU DECIDED TO JOIN.**

**THIS IS A 6 WEEK CHALLENGE STARTING ON 05/06/2019 AND ENDING
ON 06/14/2019.**

**MY GOAL DURING THIS CHALLENGE IS TO HELP IMPROVE YOUR
RELATIONSHIP WITH THE MOST IMPORTANT PERSON IN YOUR LIFE;**

yourself.



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We strongly advise that you consult with your physician before beginning this workout program, as not all exercises are suitable for different individuals and levels of fitness. This program was built for healthy individuals with a solid baseline of fitness. Darihana Nova has no medical experience or title and cannot suggest which exercises or workouts that will work for a specific individual. This program is for educational purposes only and should not be used as a substitute for professional medical advice. You should understand that when you are involved in any exercise or workout program, there is the possibility of physical injury. If you engage in this exercise or workout program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Darihana Nova from any and all claims or causes of action, known or unknown, arising out of Darihana Nova's negligence.

BEFORE *you* START

- 1 TO FOLLOW THIS CHALLENGE YOU WILL NEED THE FOLLOWING EQUIPMENT**
Latex resistance bands, anti-slip cotton resistance bands, a pair of dumbbells and kettlebell (and ankle weights if you're doing the at home option. You can click here to purchase my brand of cotton and latex resistance bands : <https://darihana-nova-fitness.myshopify.com>
- 2 THIS CHALLENGE IS DONE VIA A FACEBOOK GROUP WHERE WORKOUTS ARE POSTED WEEKLY EVERY SUNDAY.**
In this group you'll be able to interact with other girls following the challenge and myself. You'll have access to me at all times via the fb group or groupchat as well as the support of other women sharing a common goal!
- 3 EVERYONE STARTS AND FINISHES THE CHALLENGE ON THE SAME DATE; WORKOUTS ARE 5 DAYS A WEEK AND CAN BE DONE AT HOME/ OR A GYM.**
You will be able to alternate as you please between home or gym workouts to ensure you're on track!
- 4 CHALLENGE IS SENT TO EVERYONE ON THE SAME DATE, EVERYONE STARTS ON THE SAME DATE: AUGUST 8TH, 2019.**

CHECKINS

Check-ins will occur AT THE **BEGINNING** AND **END** OF THIS CHALLENGE. **You will have three days to check in (see calendar).** For the checkins you will be checking in with me to submit photos, weight, height & measurements. **THE LAST Sunday** you will email me and send in your stats (photos, weight, inches and mental status). **YOU WILL RECEIVE INSTRUCTIONS AFTER JOINING THE CHALLENGE ON HOW TO SUBMIT BEFORE PHOTOS/MEASUREMENTS/STATS. THESE CHECK IN'S**

WEEK 0	SUN 7/28	MON 7/29	TUE 7/30	WED 7/31	THU 8/1 SUBMIT PHOTOS	FRI 8/2 SUBMIT PHOTOS	SAT 8/3 SUBMIT PHOTOS
WEEK 1	SUN 8/4 SUBMIT PHOTOS	MON 8/5 GYM	TUE 8/6 GYM	WED 8/7 GYM	THU 8/8 GYM	FRI 8/9 GYM	SAT 8/10 REST
WEEK 2	SUN 8/11 REST	MON 8/12 GYM	TUE 8/13 GYM	WED 8/14 GYM	THU 8/15 GYM	FRI 8/16 GYM	SAT 8/17 REST
WEEK 3	SUN 8/18 REST	MON 8/19 GYM	TUE 8/20 GYM	WED 8/21 GYM	THU 8/22 GYM	FRI 8/23 GYM	SAT 8/24 REST
WEEK 4	SUN 8/25 REST	MON 8/26 GYM	TUE 8/27 GYM	WED 8/28 GYM	THU 8/29 GYM	FRI 8/30 GYM	SAT 8/31 REST
WEEK 5	SUN 9/1 REST	MON 9/2 GYM	TUE 9/3 GYM	WED 9/4 GYM	THU 9/5 GYM	FRI 9/6 GYM	SAT 9/7 REST
WEEK 6	SUN 9/8 REST	MON 9/9 GYM	TUE 9/10 GYM	WED 9/11 GYM	THU 9/12 GYM	FRI 9/13 GYM	SAT 9/14 END OF CHALLENGE REST
WEEK 7	SUN 9/15 SUBMIT FINAL PHOTOS	TUES 9/16 LAST DAY TO SUBMIT FINAL PHOTOS					

THESE DATES ARE SOME GUIDELINES, HOWEVER YOU CAN CHANGE YOUR WORKOUT

NUTRITION

aspect

AFTER JOINING THE PROGRAM YOU'LL HAVE ACCESS TO:

- **A DETAILED GUIDE EXPLAINING HOW TO CALCULATE YOUR MACROS (YOUR CALORIE, FAT, CARB AND PROTEIN INTAKE) YOU CAN USE FOR REFERENCE DURING/AFTER THE CHALLENGE.**
- **THIS PLAN CAN BE USED FOR WEIGHT GAIN / WEIGHT LOSS / WEIGHT MAINTENANCE.**
- **VEGAN/VEGETARIAN FRIENDLY.**
- **GROCERY LIST OF FOODS TO EAT AND FOODS TO STAY AWAY FROM.**
- **MEAL IDEAS.**
- **SUPPLEMENT SUGGESTIONS.**
- **WEEKLY MEAL IDEAS/RECIPES POSTED ON THE FACEBOOK GROUP.**
- **ALTERNATIVE METHODS TO COUNTING MACROS.**

EXERCISE

ROUTINES

AFTER JOINING THE PROGRAM YOU'LL HAVE ACCESS TO:

- SIX WEEKS OF DIFFERENT ROUTINES TO BE FOLLOWED FIVE DAYS A WEEK (DIFFERENT ROUTINES EACH WEEK) WITH DETAILED INSTRUCTIONS SUCH AS EXERCISE, AMOUNT OF SETS, REPETITIONS AND RESTING TIME. **CHECK THE NEXT PAGE FOR AN EXERCISE DEMO/SAMPLE!**
- ROUTINES ARE FIVE DAYS A WEEK AND SESSIONS LAST BETWEEN 1-1.5 HOURS.
- INCLUDES HITT CARDIO, BODYBUILDING EXERCISES (WEIGHT LIFTING), STRETCHING ROUTINES, WARM UP ROUTINES.
- GYM OR AT HOME (YOU CAN ALTERNATE BETWEEN THE TWO OPTIONS!)
- YOU WILL BE TRAINING FULL BODY (CHEST, ABS, BACK, BICEPS/TRICEPS, SHOULDERS ,QUADS, HAMSTRINGS, CALVES, GLUTES).
- **VIDEO DEMOS FOR ALL ROUTINES ARE PROVIDED ON A PRIVATE VIMEO ACCOUNT (VIDEOS ALL HAVE DIRECT LINKS SO NO HASSLE TO ACCESS THEM!).**

EQUIPMENT NEEDED TO FOLLOW THIS GUIDE:

GYM OPTION

- RESISTANCE BANDS
- HIP ABDUCTION MACHINE
- HIP ADDUCTION MACHINE
- LEG PRESS MACHINE
- SMITH MACHINE
- DUMBBELLS
- ASSISTED PULL-UP MACHINE
- CABLE MACHINE
- BARBELLS
- GYM MATT

HOME OPTION

- GYM MATT
- LATEX RESISTANCE BANDS
- COTTON RESISTANCE BANDS
- KETTLEBELL
- DUMBBELLS (TWO)
- ANKLE WEIGHTS

SAMPLE
workouts

ACTIVATION CIRCUIT

CLICK HERE FOR VIDEO DEMOS: <https://vimeo.com/album/5861903>

PASSWORD: SSUC

SET	WARM UP	SETS	REPS/TIME	HASHTAG
A1	BANDED CLAMS	3	AMRAP 45 SECONDS E/L	#dnfbandedclams
A2	BANDED KICKBACKS	3	AMRAP 45 SECONDS E/L	#dnfbandedkickbacks

*clickable links
to all videos!*

CLICK HERE FOR VIDEO DEMOS: <https://vimeo.com/album/5861913>

PASSWORD: SSUC

*workouts are in albums
for easy access!*

SET	EXERCISE	SETS & REPS	REST TIME	HASHTAG
A1	BALL PASSES	3 SETS OF 20 REPS	30 SECONDS BETWEEN SET	#dnfballpasses
A2	PLANKS	3 SETS OF 45 SEC HOLDS	30 SECONDS BETWEEN SET	#dnfplanks
B1	SMITH CALF RAISES	4 SETS OF 21 REPS 7 IN/7 STRAIGHT/7 OUT (CHECK VIDEO)	30 SECONDS BETWEEN SET SLOW & CONTROLLED	#dnfsmithmachinecalfraises
C1	SMITH ROMANIAN DEADLIFT	3 SETS OF 20 REPS LIGHT WEIGHT	30 SECONDS BETWEEN SET SLOW & CONTROLLED	#dnfsmithromaniandeatlift
D1	SMITH SUMO DEADLIFT	3 SETS OF 15 REPS HEAVY WEIGHT	30 SECONDS BETWEEN SET WIDE STANCE	#dnfsmithsumodeatlift
E1	SMITH HIPTHRUSTS	SET1: 16 REPS HEAVY WEIGHT SET2 - 18 REPS MEDIUM WEIGHT SET3 - 20 REPS LIGHT WEIGHT SET4 - 22 REPS LIGHTER WEIGHT	30 SECONDS BETWEEN SET HOLD & SQUEEZE AT TOP FOR 5 SECONDS.	#dnfsmithhipthrusts
F1	SMITH STEP-UPS	3 SETS OF 20 REPS E/L LOW WEIGHT	30 SECONDS BETWEEN SET SLOW & CONTROLLED	#dnfsmithstepups
G1	ABDUCTIONS	3 SETS LIGHT WEIGHT	AMRAP 30 SECONDS NO BREAK GO INTO TO G2	#dnfabductions
G2	BANDED LATERAL WALKS	3 SETS	AMRAP 30 SECONDS E/L 30 SECONDS THEN GO INTO G1	#dnfbandedkickbacks

PRIZES

**UPON COMPLETION OF THIS PROGRAM TEN LAIDES WILL BE CHOSEN TO RECEIVE PRIZES!
(AS IF GETTING FIT AND FEELING GREAT WASN'T A PRIZE RIGHT?!)
THE PRIZES ARE BASED ON OVERALL MENTAL & PHYSICAL TRANSFORMATIONS (NOT JUST ON THE SCALE).**

1ST PLACE:

- **\$5,000 CASH PRIZE**

2ND PLACE:

- **\$1,000 CASH PRIZE**

3RD PLACE:

- **\$1,000 CASH PRIZE**

4TH PLACE:

- **\$1,000 CASH PRIZE**

5TH PLACE:

- **\$500 CASH PRIZE**

6TH PLACE:

- **FREE ENTRY TO NEXT CHALLENGE**

7TH PLACE:

- **FREE ENTRY TO NEXT CHALLENGE**

8TH PLACE:

- **FREE ENTRY TO NEXT CHALLENGE**

9TH PLACE:

- **FREE ENTRY TO NEXT CHALLENGE**

10TH PLACE:

- **FREE ENTRY TO NEXT CHALLENGE**

THANK YOU FOR TAKING THE TIME TO READ THIS! IF YOU DECIDE TO JOIN; CLICK [HERE](#)