



**McCOY**

FITNESS & HEALTH

# 10-Week Best Shape of YOUR LIFE Challenge!

**Lower Body Workout  
Upper Body Workout**



**Building Your Foundation!**

Weeks 1 and 2

*Are you Ready to Create a New, Sexier YOU?!*



[www.bestshapechallenge.com](http://www.bestshapechallenge.com)

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## **Alright Warrior Women! It's time to get those lovely bodies of yours moving!**

In all our workouts, you will find a full body warm up, sometimes with stuff: dumbbells, body bars, kettlebells. Heck, **you could even use a phone book or a water jug if you didn't have any equipment. PLEASE NOTE: There are LINKS to the videos in this card, so you can easily access the videos through the LINKS! Easy! Take your phone to the gym with you and view from there!**

The point is, we can warm up our blood and lungs with traditional cardio, like machines, but it doesn't really get our musculature, joints, tendons and ligaments all primed! We need more functional-style work, multi-planer and multi-directional work, with added weight, naturally (bootcamp or plyometrics alone are fine and fun, and usually only use bodyweight, but this approach will not give us the results we are after—body SCULPTING!).

So we're going to use the **HYBRID approach to training**, which is IDEAL for the 40+ woman! It's my own brand of training for the mature female physique (don't worry, if you're not of the 'mature' age yet, you WILL be, so this is the BEST TIME to train for it! I have a lot of younger gals that join the Challenge, so one for all, and all for one!)

**Core work:** I prefer core work that tightens our waist (rotational work), and works the abs as a unit that connects us to the rest of our lovely bodies (multi-directional work). Remember to FOCUS IN! This is all about YOU, and getting results! And we'll be moving your body in ways that you aren't used to...but you will LOVE it!

You will have several AB circuits to choose from, and we'll add more on as we progress through the Challenge. And hey, you can do your ab work at the start too, if you wish. We don't have to stick to tradition and do it at the end. The World is your OYSTER!

**Warm Up:** It's OK to warm up on a bike or treadmill, but it's not appropriate for the 40+ woman. Our muscles need pre-workout nourishment, and our cells—all our cells—need to wake up! And with a good full-body warm up, you need to engage all your muscles, and especially the ones we are using that day. And as 'mature' athletes, a warm up is ESPECIALLY important! We need to show extra love for our joints and tendons and ligaments (muscles are usually not the issue).

**Alright, Onward, Warrior Woman!**



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# Day 1: Lower Body

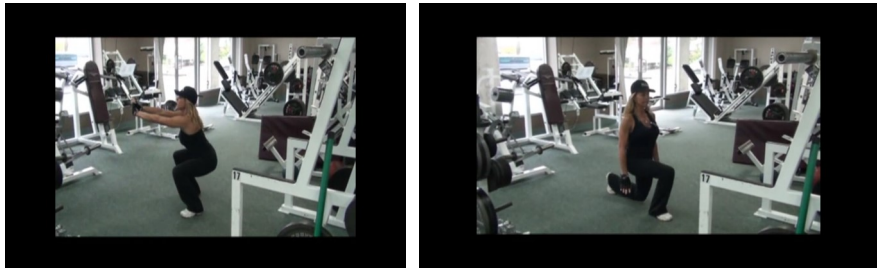



**Warm up:** [Two Move WARM up—LINK to Video!](#)  
(It's also in your Exercise Portfolio)

**Grab** a body bar (or barbell and one 8-15 lb DB or kettlebell

- 12-15 reps each move (that's per side, remember?)
- 2-3 X as a circuit (one exercise after the other)

Aim to lessen the rest and increase the explosiveness of the moves as you get stronger / more conditioned.



DAY 1: LOWER BODY! - <a href="#">LINK to Exercise Videos</a>		sets	reps	weight
<b>Warm up:</b> Bodyweight Squats and Forward Lunges 		2 sets	10-15	BW (bodyweight only)
<b>SQUAT:</b> shoulder width, toes slightly out. Stick butt out, chest lift up, head up, keep the curve in your back. Push thru the heels 		1	15	Bar only (9-20 lbs)
		2	15	
		3	15	
<b>Leg Press:</b> Lower to 90 degrees (without your back lifting up). Don't lock out knees or 'bounce' at the top. Vary your stance. 		1	15 wide	
		2	15 narrow	
		3	15 high	
<b>Leg Extensions:</b> pad is on ankles (not foot). No hold at top. 		1	15	
		2	15	
		3	15	



**Day 1: LOWER BODY- [LINK to Exercise Videos](#)**

**Leg Curl:** Focus on keeping your hips down bench and give a slight squeeze at the top of the movement.



Set	reps	weight
1	15	
2	15	
3	15	

**Back Extension:** If you don't have this machine, you can do a Swiss Ball Version—[CLICK HERE!](#)



**Standing Calf Raise:** Grab a dumbbell, a ledge and hold on while you dip the heel down and rise up on the toes, one at a time.



**Remember....**

**This is NOT about perfection.**



**It is about constantly striving and aiming for more.....**

**Because as Warrior Women...we are worth it!**

**And we deserve it! (Yes we do!)**

## Two Core Workouts to choose from...shake it up! Stay FRESH! Aim for 6 total exercises, so grab a circuit and go thru two times!

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### **Three Med Ball Moves:** [VIDEO LINK HERE](#)

Grab a 5-10 pound Med Ball, depending on your experience...1-2 circuits.

#### **Med Ball Sit Up**

(10-20 reps)



#### **3-Pt Russian Twist**

(10 ES—each side)



#### **Med Ball Plank**

(30 seconds). Try to lift a leg for a 5 second count!



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### **Three Body Moves:** [VIDEO LINK HERE](#)

Minimal Equipment needed in these 3 moves..1-2 circuits.

#### **Wide Leg DB Punches** (5-10 lbs)

(20 ES—Each side)



#### **Floor Scissors**

(20 ES—Each side)



#### **End of Bench Circles**

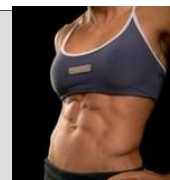
(10 ES—Each Side)



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**Need more Core work?** Don't worry, I've got LOTS to choose from...some harder than others! It's all coming down the pipe to you. But I want you to MASTER these moves. Remember, more is not better, BETTER is better, so FOCUS IN, Warrior Woman!

## **Can You Spot Reduce?**



No matter how long I've been in the game, this long-standing myth still abounds! Can you get the fat off the abs by doing crunches? Simple answer: Nope.

But that doesn't mean we don't work them...because when the fat comes off, those lovely muscles start to appear, and our middle changes...tighter, firmer.

So even if the fat doesn't come off as fast as you would like, know that shaping is still occurring (fat will always take the shape of the muscle underneath).

**More shapely muscle equals more shape! Period!**

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## Day 2: UPPER BODY

Warm up: [Two Move WARM up—LINK to Video!](#)

**Grab** a body bar (or barbell and one 8-15 lb DB or kettlebell

- 12-15 reps each move (that's per side, remember?)
- 2-3 X as a circuit (one exercise after the other)

Aim to lessen the rest and increase the explosiveness of the moves as you get stronger / more conditioned.

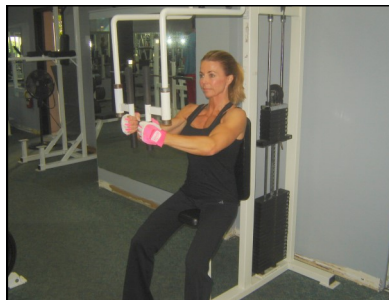


### Day 2: UPPER BODY!- [LINK to Exercise Videos](#)

**CHEST: Push ups on Bosu:** Use just your hands or with a bar...get creative! If you can't do it full leg, then do from your knees!



**Pec Deck**—Bring handles to your front, elbows slightly bent..



**Dumbbell Rows:** Keep your back flat. Pull the DB into your ribs.



SETS	REPS	
1	15	
2	15	
3	15	
1	15	
2	15	
3	15	
1	15	
2	15	
3	15	

**Focus on the movement**, always 'feeling' the muscle at work. Envision it, keep your pace steady, your breath steady...exhale on exertion. That's the natural way to breathe in weight training!



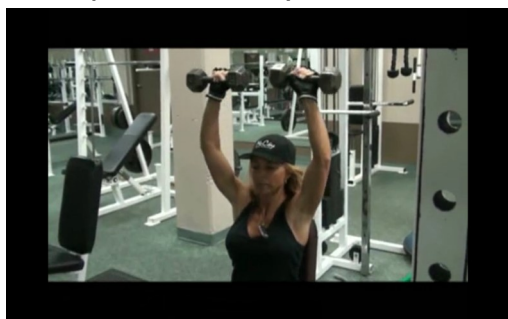
**Day 2: Upper Body cont'd....[LINK to Exercise Videos](#)**

**Seated Cable Row:** Keep a slight bend in your legs, and bring handle into your belly area, squeeze shoulder blades together. DO NOT rock your lower back. It must stay still!



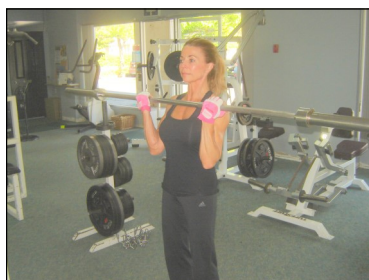
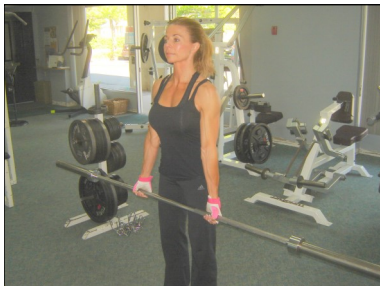
Set	reps	weight
1	15	
2	15	
3	15	

**Seated DB Overhead Press:** push above your head with slight elbow bend.



1	15	
2	15	
3	15	

**Barbell Curl:** Use a bar (short or long) and with elbows by your side, curl up to your chin area, slowly lower and repeat.



1	15	
2	15	
3	15	

**TRICEPS: Cable Pushdown**—Elbows by your side! Don't let them lift! Try to straighten your arms as much as possible.



1	15	
2	15	
3	15	



**Choose your CORE workout...!** (Try to 'progress' by upping the intensity: increase the weight, decrease the rest intervals, slow down the movement to make it tougher, up the reps! This is ALL about progressing in your strength and execution!

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**Med Ball Sit Up**  
(10-20 reps)



**3-Pt Russian Twist**  
(10 ES—each side)



**Med Ball Plank**  
(30 seconds). Try to lift a leg for a 5 second count!



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**Three Body Moves: [VIDEO LINK HERE](#)**

Minimal Equipment needed in these 3 moves..1-2 circuits.

**Wide Leg DB Punches** (5-10 lbs)  
(20 ES—Each side)



**Floor Scissors**  
(20 ES—Each side)



**End of Bench Circles**  
(10 ES—Each Side)



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**Remember, building shapely muscle takes time.**

**There is success with every workout!**



**The gym is the only place where *failure* equates with success!**

**If you think you can or you think you can't, you're right!**

**Remember, the most important part of training success is consistency!**

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