

#MetconsForMoms Challenge Workouts from Hot & Healthy Life

Ground Rules:

- You must complete 9 workouts over 10 days (Sept 5th – Sept 14th)
- In order for them to “count,” you have to share each of the 9 workouts on Instagram:
 - [Follow @hotandhealthylife on Instagram](#)
 - Post your workout (can be the actual workout or a sweaty selfie or quote or anything that relates to the workout, your choice!)
 - Use the hashtags #MetconsForMoms and then the corresponding workout day, for example #Day1 if this is your first workout of the challenge. You will hashtag posts all the way up to #Day10
 - Tell me your time and/or the # of rounds you completed (more below), the goal being to beat your time/rounds next time, also tell me what weight(s) you used
- You can mix and match any of these workouts below. You don’t have to do them all, just do the ones you want! There’s no order you have to go in.
- Everyone who completes all 9 workouts in the challenge will get placed into a raffle for prizes, and I will also be awarding some of my favorite sharers, too!
- If you have any questions about how to share or how the challenge works, email me Heather@HeatherOsby.com any time

Terms To Know:

Time Cap: Each of these workouts have a 10 minute time cap. Which means you either finish in under 10 minutes or you STOP at 10 minutes. If you’ve got extra time and you want to finish it out, be my guest.

AMRAP: As many rounds as possible. In the time indicated

Tabata: A workout style where we alternate short periods of intense exercise with rest. For this workout challenge tabata style (as indicated in that particular workout) will be 20 seconds of work with 10 seconds of rest for 6 rounds total. 3 Minutes

EMOM: Every Minute On the Minute. This means at the top of the minute you’ll complete the specified exercise and then rest of the remainder of the minute.

BA: Badass. That’s you. You’re a total badass

The Workouts

“Tabata: Mom Style”

Equipment: One Set of Moderate weight dumbbells

3 Exercise Tabata Workout

Burpees

Tricep Extensions

Dumbbell Thrusters

Download a tabata timer (I recommend Tabata Free) and set it for 20 seconds of work with 10 seconds of rest for 6 rounds (3 minutes). Complete all 6 rounds of each exercise before moving onto the next. For example, on the burpees you will burpee for 20 seconds, rest for 10 seconds, then repeat for 6 times total, aka 3 minutes. Once all 6 rounds are completed move onto the tricep extensions.

Strive to complete the same number of reps for most rounds of each exercise.

Spotify Has some Tabata music that will tell you when to rest and work. The tunes are pretty bad, but it works.

Workout Finisher: 2 30 second rounds of wall sits.

“Jump Around”- Complete 4 Rounds for Time. There is a 10 Min Time Cap

Equipment: 1 Moderate weight dumbbell, 1 jump rope

Workout:

20 Single Arm Overhead Walking Lunges (Switch Arms after 10 Reps)

40 Jump Ropes

20 Single Arm Thrusters (Switch Arms after 10 Reps)

40 Jump Ropes

Start your timer and complete 4 rounds as fast as possible, safely. There is a 10 minute time cap, if you aren't finished at 10 minutes you can stop (or finish if you have the time). Share your time on Instagram, along with the weight you chose and your daily photo.

“Work Hard: Rest Hard”- 5 Rounds, 10 Minute Workout

Equipment: 1 Heavy Dumbbell, Jump Rope

Workout:

10 Single Dumbbell Overhead Squat (Can use a barbell instead if you have one)

50 Jump Ropes

30 Sec Rest

Start your timer and complete 5 Rounds as fast possible, safely. Utilize the rest time so you can keep your intensity up the rest of the workout! Option for more advanced exercisers, use a barbell for overhead squats instead of a dumbbell if you have access to one.

Share on IG your daily photo.

“Sandbag Legs”-Complete For Time

Equipment: Medium Weight Dumbbells

Workout:

50 Plyo Lunges (25/Leg)

40 Air Squats

30 Dumbbell Push Presses

20 Squat Jumps (Unweighted)

10 MomMakers

5 Lunges w/ Dumbbell Woodchop (Per Leg)

This workout is a chipper. Which means you will chip away at each movement resting when you need to until the workout is finished. There is a 10 minute time cap for this, stop when the clock hits 10 minutes unless you have extra time to finish.

Share on IG when you're finished the weight you chose and how long it took you.

“The One With The Rest”- 2 Rounds. 10 Minutes

Equipment: Jump Rope, Medium/Heavy Set of Dumbbell

Workout:

Jump Rope

Push Ups

Glute Bridge

Dumbbell Squat Jump (1 Dumbbell only)

Dumbbell Bent Over Row

For this workout you will complete 2 Rounds of the above exercises. Work for 40 seconds on one movement followed by 20 seconds of rest then move onto the next exercise. 1 Round will take 5 minutes, complete 2 rounds for a 10 minute workout.

Share your favorite exercise on IG along with your daily photo.

“EMOM Style”- The MomMaker

Equipment: Medium Set of Dumbbells

Workout

Even Minutes (0,2,4,etc): 3 MomMakers

Odd Minutes (1,3,5,etc): 20 Plyo Lunges

This workout is an EMOM which means Every Minute on the Minute. At the top of the minute complete the prescribed exercise, use the remainder of the minute to rest. You should ideally have 20 seconds-ish to rest most of the rounds.

Share your daily photo on IG along with what you REALLY think about MomMakers.

“Buns & Guns”- 10 Min AMRAP

Equipment: Medium Weight Dumbbells

Workout:

100M Run
10 Bulgarian Split Squats
10 Dumbbell Clean & Press

Set your timer for 10 minutes. Complete as many rounds as possible safely in 10 minutes. Split squats can be weighted or unweighted. Rest as needed.

Share your number of rounds on IG along with your daily photo.

“Baby Got Back”- Descending Ladder Workout

Workout Written by Annie Brees

Annie Brees is Co-Founder of Healthy Habits Happy Moms, a personal trainer, mom and my friend/confidant/therapist. Seriously, she is the best. If you aren't following Annie on Instagram you need to start. [@AnnieBrees](#)

Equipment: Medium Weight Dumbbells & Paper Plate/Towel/Slider

Workout: 10,8,6,4,2

Dumbbell Thrusters
Dumbbell Bent Over Rows
Dumbbell RDL's (Russian Deadlifts)
Glute Bridge With Heel slide on Paper Plate/Towel

For this workout you will decrease reps each round. Round 1: 10 Reps, Round 2: 8 Reps, Round 3: 6 Reps, etc

Set a timer and share on IG your time along with your photo. 10 Minute time cap. At the end of 10 min you are done unless you have extra time to finish. Make sure to tag Annie on IG along with your #MetconsForMoms hashtag. Annie will be excited to hear what you thought!

“The Dumbbell Domination”- 10 Min AMRAP

Workout written by [Jen Comas](#)

Jen Comas is the Co-Founder of Girls Gone Strong, a fitness coach, and an avid enthusiast of adventure. Plus she is my friend! This girl is always hiking, riding dirt bikes, motorcycles or doing something crazy. She is currently inspiring women with her signature program, Dumbbell Domination. Thanks to Jen for contributing this workout!

Equipment: 1 Medium Weight Dumbbell

Workout:

- 1a) 1-arm overhead press (or push-press),
- 1b) Offset front-racked squat ,
- 1c) 1-arm dumbbell snatch,
- 1d) Offset reverse stepping lunge,

Perform all of the above for 5 - 8 reps on your right side, and then immediately switch to hold the dumbbell in your left hand and repeat.

This is one round. Rest just long enough to recover before doing another round.

Aim for 3 - 4 rounds. Keeping this under 10-minutes will require you to challenge yourself, limit rest time, and keep it movin'. Share on IG the weight you chose and how many rounds you were able to get in in 10 minutes. Make sure to tag Jen and let her know what you thought @Jencomas along with your #MetconsForMoms hashtag