

WEEKLY TRACKER by @TIU_Shelley

• FINAL WEEK • LOVE YOUR BODY CHALLENGE - WEEK 2 RUMPS AND STUMPS CHALLENGE! 2.9

seashellsandsitups.com

Created by @TIU_SHELLEY

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	Monday 2.9	Tuesday 2.10	Wednesday 2.11	Thursday 2.12	Friday 2.13	Saturday 2.14	Sunday 2.15
TIU Booty Call	2 miles	30 min run in a bright color	Hump Day HIIT	Date Night Cardio Routine	Love your Body HIIT	LAST DAY OF LYB! Happy Valentine's Day	Sunday Runday 5k!
TIU AMWO	Kettle Toning	3 Moves for a Sexy Upper Back	The Best Abs Routine	Love your Arms & Abs with Karena	Check in on Instagram with #TIUFlexFriday Love your Abs Routine with Katrina	Celebrate with your favorite TIU workout	Love your Body with Yoga
AMWO	Rumps & Stumps Challenge #rumpsandstumps seashellsandsitups.com	Rumps & Stumps Challenge #rumpsandstumps seashellsandsitups.com	Rumps & Stumps Challenge #rumpsandstumps seashellsandsitups.com	Rumps & Stumps Challenge #rumpsandstumps seashellsandsitups.com	Rumps & Stumps Challenge #rumpsandstumps seashellsandsitups.com	Rumps & Stumps Challenge (x3) #rumpsandstumps seashellsandsitups.com	Rumps & Stumps Challenge #rumpsandstumps seashellsandsitups.com
Meta-D or Bombshell Spell	□ □	□ □	□ □	□ □	□ □	□ □	□ □
M1							
M2							
M3							
M4							
M5							
Water Intake	□ □ □ □ □ □ □ □	□ □ □ □ □ □ □ □	□ □ □ □ □ □ □ □	□ □ □ □ □ □ □ □	□ □ □ □ □ □ □ □	□ □ □ □ □ □ □ □	□ □ □ □ □ □ □ □
PMWO	TIU - Toned & Sexy Abs	TIU - Sleek & Sexy Abs with Karena	Sea Shells & Sit Ups' Turns & Guns	Sea Shells & Sit Ups' Turns & Guns	Sea Shells & Sit Ups' Turns & Guns	Sea Shells & Sit Ups' Turns & Guns	Sea Shells & Sit Ups' Turns & Guns
TIU PM Challenge	Check in with your #7dsd lunch on Instagram	Prep the Pretty in Pink Smoothie	Write your bestie a love note		Get your nails done		Set your intentions for "TIU Off Season"
Rumps & Stumps	30 Kick Backs, 30 Fire Hydrants, 30 Clams, 15 Ballet Squats, 30 Curtsy Lunges	20 F Lunges, 20 B Lunges, 20 L Lunges, 20 R Lunges, 20 Hip Thrusts, 40 Side Kicks	20 Deadlifts, 20 Sumo Squats, 20 Butt Lifts, 20 Squat Jumps, 40 Triangle Lifts	40 Kick Backs, 40 Fire Hydrants, 40 Clams, 20 Ballet Squats, 40 Curtsy Lunges	25 F Lunges, 25 B Lunges, 25 L Lunges, 25 R Lunges, 25 Hip Thrusts, 30 Side Kicks	REPEAT THREE TIMES!! #RUMPSANDSTUMPSBEMINE 10 Deadlifts, 25 Sump Squats, 25 Butt Lifts, 25 Squat Jumps, 20 Triangle Lifts	50 Kick Backs, 50 Fire Hydrants, 50 Clams, 25 Ballet Squats, 30 Curtsy Lunges
#100byVday	____ miles	____ miles	____ miles	____ miles	____ miles	____ miles	____ miles
#RumpsandStumps	□	□	□	□	□	□	□
Check-in Hashtags	#tiuteam #tiuseashells #tiuloveyourbody #seashellsandsitups #rumpsandstups #tendaytrim	#tiuteam #tiuseashells #tiuloveyourbody #seashellsandsitups #rumpsandstups #tendaytrim	#tiuteam #tiuseashells #tiuloveyourbody #seashellsandsitups #tiutumsandguns #tendaytrim #tiustairmill #WCW #winenotwednesday	#tiuteam #tiuseashells #tiuloveyourbody #seashellsandsitups #rumpsandstups #tendaytrim	#tiuteam #tiuseashells #tiuloveyourbody #seashellsandsitups #rumpsandstups #tendaytrim	#tiuteam #tiuseashells #tiuloveyourbody #seashellsandsitups #rumpsandstups #tendaytrim #rumpsandstumpsbemine	#tiuteam #tiuseashells #tiuloveyourbody #seashellsandsitups #rumpsandstups #tendaytrim #tiusundayrunday
Weekly Goals:	1. Focus on improving eating habits by joining the #tendaytrim with fellow #tiutumsandguns challengers! 3. _____			2. Visualize accomplishing: _____ 4. _____			
	WEEKLY TOTALS						
#100byVday							
# Booty Calls							
# PMWOs							
# AMWOs							

Quote of the week: "Let exercise be your stress reliever, not food."


More Love. Inspire. Sweet.