

RED CARPET

4 WEEK CHALLENGE

Workouts



RED CARPET

4 WEEK CHALLENGE

WORKOUTS OVERVIEW

ALWAYS INCLUDE THESE BEFORE AND AFTER YOUR WORKOUT.

Warm-Up

Prepares your body for movement, increasing blood flow and reducing injury risk.



Cool Down

Returns your heart rate to normal and reduces muscle soreness (DOMS).



RED CARPET

4 WEEK CHALLENGE

Workout #1

BRING THE HEAT

Warm-Up

3 Minutes

- 30 seconds High Knees
- 30 seconds Arm Circles (forward/backward)
- 30 seconds Sumo Squat with Hip Opener
- 30 seconds Inchworm to Push-Up
- 1 minute Jump Rope (or fast feet in place)

Finisher

Legs on Fire Complex (2 Rounds)

- 20 seconds Wall Sit
- 10 Jump Squats
- 20 seconds Wall Sit
- 5 Burpees

Workout

Descending Ladder (Reps: 10-8-6-4-2)

- Squat + Power Jump
- Push-Up with Shoulder Tap (each side = 1 rep)
- Lunge to High Knee (each leg = 1 rep)
- Mountain Climbers (each leg = 1 rep)

Supp Notes

- **Pre-Workout:** Take Prestige Labs Pre-Workout 20-30 minutes before training for enhanced energy and focus.
- **Intra-Workout:** Start sipping Prestige Labs Intra-Workout before warm-up and continue throughout the workout for optimal hydration and endurance.
- **Protein:** Use Prestige Labs Protein Powder post-workout to support muscle recovery and meet your daily protein goals.

RED CARPET

4 WEEK CHALLENGE

Workout #2

SWEAT AMRAP

(As Many Rounds As Possible)

Warm-Up

3 Minutes

- 30 seconds Butt Kicks
- 30 seconds Side Lunges
- 30 seconds Downward Dog to Plank Flow
- 1-minute Skaters

Finisher

Tabata Challenge (4 minutes):

- 20 seconds on, 10 seconds off:
- Round 1: Burpees (modification: squat jumps)
- Round 2: Side-to-Side High Knees

Workout

10-Minute AMRAP

- Drop Squats x 20
- Push-Up to Downward Dog x 10
- Jump Lunges x 20 (modification: reverse lunges)
- Bicycle Crunches x 20 (10 each side)
- Plank to Frog Jump x 10

Supp Notes

- **Morning Sessions:** For early morning workouts, take **Prestige Heat** to boost metabolism and support fat loss.
- **Collagen Support:** Add **Prestige Labs Collagen** to your post-workout shake to support joint health and enhance recovery.

RED CARPET

4 WEEK CHALLENGE

Workout #3

POWER PYRAMID

Warm-Up

3 Minutes

- 30 seconds High Knees
- 30 seconds World's Greatest Stretch (each side)
- 1-minute Alternating Side Plank with Rotation

Finisher

Core Burner (2 Rounds)

- 20 seconds Flutter Kicks
- 20 seconds Plank with Shoulder Taps
- 20 seconds V-Up Hold

Workout

1 Burpee + 1 Skater Jump

- Add 1 rep each round (e.g., 2 Burpees + 2 Skaters in Round 2)
- Continue until you hit 10 reps of each or 10 minutes, whichever comes first.

Supp Notes

- **Fuel Recovery:** A scoop of **Prestige Protein Powder** within 30 minutes post-workout will help optimize muscle repair.
- **Pre-Workout Boost:** If you're training later in the day, **Prestige Pre-Workout (stim-free)** is a great option to enhance performance without disrupting sleep.

RED CARPET

4 WEEK CHALLENGE

Workout #4

BODYWEIGHT BLITZ

Warm-Up

3 Minutes

- 1-minute Light Jog (or High Knees)
- 30 seconds Cat-Cow Stretch
- 30 seconds Standing Hip Circles (each direction)

Finisher

Isometric Hold Tabata (4 minutes):

- 20 seconds hold, 10 seconds rest:
 - Wall Sit
 - Plank
 - Glute Bridge Hold

Workout

30-20-10 Circuit (complete all reps before moving to the next exercise):

- Jump Squats
- Push-Ups
- Russian Twists (each side = 1 rep)
- Plank Jacks

Supp Notes

- **Hydration:** Ensure you're well-hydrated before training. Pair water with **Prestige Labs Intra-Workout** to maintain hydration during intense sessions.
- **Collagen & Protein:** Combine **Prestige Collagen** with **Prestige Protein** post-workout to support muscle recovery and joint health simultaneously.

RED CARPET

4 WEEK CHALLENGE

Workout #5

METABOLIC MAYHEM

Warm-Up

3 Minutes

- 30 seconds Side Shuffle
- 30 seconds Bodyweight Good Mornings
- 30 seconds Plank to Knee Drive (slow and controlled)
- 30 seconds Jump Rope

Finisher

Sprint + Recovery (5 Rounds):

- 30 seconds sprint (on the spot or across a space)
- 30 seconds slow march or walk

Workout

EMOM (Every Minute on the Minute) for 10 Minutes

- Minute 1: 10 Burpees + Rest for Remaining Time
- Minute 2: 20 Jump Lunges (modification: alternating reverse lunges) + Rest for Remaining Time
- Alternate between Minute 1 and Minute 2 for 10 minutes.

Supp Notes

- **Thermogenic Boost:** If training in the morning, take **Prestige Heat** 30 minutes before this workout to enhance calorie burn.
- **Intra-Workout:** Sip on **Prestige Intra-Workout** for sustained energy during high-intensity intervals.

RED CARPET

4 WEEK CHALLENGE

Workout #6

CENTURY CHALLENGE

Warm-Up

3 Minutes

- 30 seconds Arm Swings
- 30 seconds Sumo Squats with Calf Raise
- 30 seconds Slow Mountain Climbers

Finisher

Plank Challenge (3 Rounds):

- 30 seconds High Plank Hold
- 30 seconds Side Plank Hold (each side)

Workout

The 100s Workout

- 100 Jumping Jacks
- 90 High Knees (45 each leg)
- 80 Russian Twists (40 each side)
- 70 Mountain Climbers (35 each side)
- 60 Skaters (30 each side)
- 50 Crunches
- 40 Squat Jumps
- 30 Push-Ups
- 20 Burpees
- 10 V-Ups

Supp Notes

- **Protein & Collagen:** Follow up this intense session with **Prestige Protein** and **Prestige Collagen** to promote recovery, repair, and joint health.
- **Energy Management:** Start sipping on **Prestige Intra-Workout** during the warm-up to stay energized throughout the workout.

RED CARPET

4 WEEK CHALLENGE

SUPPLEMENTAL TIPS FOR SUCCESS:

Pre-Workout Nutrition:

A scoop of **Prestige Pre-Workout** 30 minutes before training is an excellent option to fuel your session.



Intra-Workout Support:

Sip **Prestige Intra-Workout** to stay hydrated and energized, especially during long or high-intensity workouts.



Morning Thermogenics:

Use **Prestige Heat** before morning sessions to boost energy and calorie burn.



Daily Protein Goal:

Meet your daily protein requirements by incorporating Prestige Protein Powder into meals or snacks throughout the day.

