

MIDSECTION

KELLYSFITNESS.NET

MELTATHON

5 DAY CHALLENGE

WARM UP FIRST, THEN DO
10 REPS OF EACH MOVE
2 OR 3 TIMES THROUGH

DAY 1 | MON

sit squat with overhead press &
dumbbell rows
Mountain Climbers

DAY 2 | TUE

Wide stance floor to ceiling &
Lying alternating chest press &
Pull Overs

DAY 3 | WED

sit squat with overhead press &
dumbbell rows
Mountain Climbers

DAY 4 | THU

Wide stance floor to ceiling &
Lying alternating chest press &
Pull Overs

DAY 5 | FRI

sit squat with overhead press &
dumbbell rows
Mountain Climbers

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MELTATHON

RECORD YOUR
WALKING EACH
DAY

5 DAY CHALLENGE

DAY 1 | MON

DAY 2 | TUE

DAY 3 | WED

DAY 4 | THU

DAY 5 | FRI

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MELTATHON

5 DAY CHALLENGE

EAT WHOLE
FOODS AND
AVOID
FLOUR/SUGAR

<https://whole30.com/recipes/>

<https://www.skinnytaste.com/recipes/whole-30/>

Omelettes, Salads, Stir Fry, Kabobs, Soups

Use "whole" unprocessed, real foods and avoid foods not around before the 1950s,

Post all your meals and also post treats that you resisted
#Iresistedthis

Try to include Protein in all 3 meals- examples are chicken, fish, beef, turkey, eggs

Try to include Vegetables in all 3 meals and hit as many colors as you can!