

THE FITNESS GUIDE

FITNESS GUIDE

Welcome to your 21 Day Challenge Fitness Guide.
Please use this guide to test you & challenge you to
move your body - to work towards the goal that you set
for the next 21 days.

5 WORKOUTS A WEEK

1 REST DAY

1 DAY FOR ACTIVE RECOVERY

THE GOAL

The goal with not having days assigned to each workout is to allow YOU to fit workouts into YOUR busy holiday/end of year schedules. Workouts can be as short as FIVE MINUTES if that's all that life allows for. These workouts will show you that any amount of time you can give to exercise is worth it.

21 DAY FITNESS GUIDE WEEK THREE

ONE - Pyramids

Perform reps in pyramid form (start at 1 rep, move to 2 reps etc. all the way until 10 reps. Repeat 10 reps then work back down to 1 rep)OPTIONAL CARDIO ADDITION: In between each new 'set' (set= new rep count) Perform 30 seconds of High Knees or Mountain Climbers

Each Letter can be a separate exercise or they can be combined into one larger pyramid

A) Squat Press

B)Push Up with Plank Jack (at the start of every push up perform 1 plank jack)

C)V-Ups

21 DAY FITNESS GUIDE WEEK TWO

TWO - Cardio and Core

3 Rounds. :30 seconds of work each exercise,
:10-:15 seconds transition time

A)

*Frog jumps

*Plank with hip dips

*Clock lunges

*Russian Twist-Rest up to 60 seconds,
repeat-

B)

*Squat with alternating lateral leg lift

*Bird Dog

*Speed Skater

*Firefly

-Rest up to 60 seconds,
repeat-

21 DAY FITNESS GUIDE WEEK TWO

THREE - AMRAP (As Many Rounds As Possible)

Warm up with: 25 Jumping Jacks
10 alternating reverse lunges
25 second plank
10 wide squats
5 walk outs/inchworms

Perform as many rounds as possible in 10 minutes (record your number of rounds somewhere...THIS IS THE WORKOUT FROM WEEK 1! Find your number of rounds from week 1 and try to beat it! Post in the TELEGRAM group how you did)

10 reps pf Each Exercise

*Burpee (no push up)

*Tricep Push Up

*Reverse Lunge with Knee Hike Left Side

*Knee to Elbow High Plank (Left and Right side =1 rep)

*Animal Squat (Each Side =1 rep)

*Reverse Lunge with Knee Hike Right Side

21 DAY FITNESS GUIDE WEEK TWO

FOUR - CIRCUIT STYLE

Perform 30-45 seconds of each exercise.

Only rest between exercises when ABSOLUTELY necessary.

When all 10 exercises are completed, rest up to 60 seconds and repeat 2-4 rounds.

*Surfer Jumps

*Push Ups

*Forward moving squat Jumps (If limited on space do 1 moving forward, turn around and squat jump back)

*Shoulder Press (If no weights at home, get creative!)

*Jog in Place

*Hover forearm plank

*Jumping Jacks

*Knee to elbow plank

*Drop Squats

*Bridge heel taps

21 DAY FITNESS GUIDE WEEK TWO

FIVE - TABATA

:20 on,

:10 transition

8 rounds total

alternate exercises

A) Tricep Dip/Down Dog to plank, back to down dog

B) Russian Twist/Mountain Climber

C) Pulse Squat/Squat Jump

D) Push Ups/Burpee

THE END!?!

Congratulations on finishing what's probably the most difficult 21 day challenge of the YEAR!

21 DAY FITNESS GUIDE



21 DAY CHALLENGE