

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



GET FIT.
BE HEALTHIER.
BE HAPPIER.

START YOUR CHALLENGE TODAY

21 DAY CHALLENGE

21 DAY FITNESS GUIDE WEEK TWO

ONE - Every Minute, on the minute (EMOM)

set a timer for however long you want to workout (the workout is split into two different EMOMS) At the start of every minute perform the designated exercises. Whatever time is left in that minute is taken to rest

A)10 reps of everything:

Squat

Push-up

Walking

lunge (5 per leg)

Tricep Dips

B)15 reps of everything

Star jump

Mountain climber

Burpee

TWO - Timed Circuit

download Tabata timer APP to make life easier!

:30-40 seconds work,

10-15 seconds transition

rest between each exercise

Jump rope

Side plank with leg lift

(left&right side)

Lateral squat jumps

Deadlift

Plank jack

Bicycle crunch

21 DAY FITNESS GUIDE WEEK TWO

THREE - no weight required strength workout

Repeat circuits 2-4 times

15 reps of all exercises, lower body

*pulse squats

*curtsey lunges (15 per side)

*Alternating step ups

*single leg bridges

15 reps of each exercise, upper body

Tricep push ups

Superman with retraction

Plank rotations

Reverse fly

21 DAY FITNESS GUIDE WEEK TWO

FOUR

60 seconds per exercise, rest when stated.

Repeat up to 3 times

Burpee

Tuck jump/ squat jump

Plank hold

*rest 30 seconds

*Frog jumps

Mountain climbers

Russian Twist

*rest 30-45 seconds

*Speed skaters

Switch lunges

Shoulder tap planks

rest 45-60 seconds if repeating

FIVE - Tabata

A) walk outs/plank with leg lifts

B) push ups/shoulder press push ups

C) Lateral lunges (alternating)/Bridges

D) reverse lunge knee hike (R)/ squat with leg lift (R)

E) reverse lunge knee hike (L)/squat with leg lift (L)

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21 DAY CHALLENGE