

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.

6 great tips for getting active



1 **START SLOW.**

Kicking off a new exercise plan is exciting, but doing too much, too soon, can put you at risk for injury or burn-out. Start slow and steady, and your results will follow.

2 **SET ATTAINABLE GOALS.**

When it comes to goal setting, aim for the S.M.A.R.T. approach – goals that are Specific, Measurable, Attainable, Relevant, and Timely.

3 **BLEND CARDIO AND STRENGTH TRAINING.**

Cardio exercises like walking, jogging, and cycling are great for heart health, while those with free weights, resistance bands, or even your own body weight can help shape lean muscle.

4 **REST UP BETWEEN WORKOUTS.**

Your body needs ample rest to recover from physical activity and to repair tired muscles. Aim for seven to eight hours of shut-eye per night.

5 **MIX THINGS UP.**

Doing the same old exercises can quickly lead to boredom. Instead, change up the style, intensity, and duration of your workouts every few weeks.

6 **FUEL YOUR BODY WITH BALANCED NUTRITION.**

While everyone should aim to eat well, those who exercise have even greater nutritional needs. Formula 1 Nutritional Shake Mix is a great way to fuel your body with healthy protein, carbohydrates, vitamins and minerals.

Low energy? Try this.



When low energy rears its ugly head, the signs are obvious. We skip workouts, make poor food choices, and even gain weight. Don't worry; these simple energy hacks can have you feeling your best in no time:



WORK OUT IN THE A.M.

Sounds daunting, right? But once you get in the groove, you'll love how a morning workout can keep you feeling energized the rest of your day. Leave your workout clothes out the night before, set your alarm, and make the mental commitment to jump out of bed.



GET YOUR ZZZs

Lack of sleep could be playing a big role in your fatigue, especially mid-afternoon. To get more quality sleep (ideally 7-8 hours per night), try setting a schedule to get to bed at the same time every night.



MAKE YOUR BREAKFAST COUNT

A good amount of protein (20 to 30 grams) and some healthy carbs at breakfast will provide you with sustained energy. Carbs should include fruit or vegetables and some whole grains.



GRAB A TEA

Herbalife Nutrition Herbal Tea Concentrate is a great way to enhance energy. It's low in calories, contains 85 mg of caffeine per serving, and helps jumpstart your metabolism.

7 simple steps to reduce stress



Feeling the burden of a stressful life?

Believe it or not, your diet can help.

Here are some simple nutritional tips to de-stress:

1

EAT BALANCED MEALS.

Include some lean protein (to satisfy hunger and keep you mentally alert), fresh fruits, vegetables and whole grains.

2

RESIST THE SKIP.

When you're stressed, it's easy to skip meals, but your energy levels will suffer as a result. Make sure to eat regularly to stay balanced.

3

LIMIT COMFORT EATING.

Instead of reaching for junk food, try a brisk walk, a cup of herbal tea, or eating crunchy foods. They help relieve stress by putting tight jaw muscles to work.

4

CUT BACK ON CAFFEINE.

Loading up on caffeine can disrupt your night's sleep. Opt for decaffeinated coffees and teas instead.

5

DON'T EAT AT YOUR DESK.

Keep mealtimes separate from work or other sources of stress. Take a little extra time to slow down, relax, and enjoy your food.

6

EXERCISE OFTEN.

Exercise helps calm your mind, improve your mood, and pump your body with feel-good neurotransmitters.

7

TRY HERBALIFE NUTRITION RELAX NOW.

This herbal formula with jujube and passionflower can help you cope with occasional stress.*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

4 Easy Exercises for Anywhere Fitness

UPPER BODY & CORE: PUSH-UP SHOULDER TAP



- Start in a plank position.
- Lower yourself until your elbows are at a 90-degree angle.
- Once your chest touches the floor, pause slightly and then push back up to starting position.
- Lift one arm and touch your opposite shoulder.
- Repeat with other arm.

LOWER BODY: SPLIT SQUAT FULL SWITCH



- Stand in a lunge position with your arms by your side.
- Jump and switch leg positions while keeping a straight back.
- Using your arms for momentum, keep the knee of your back leg close to, but not touching, the ground.
- Land softly and with control.

CORE: PLANK CRUNCHES



- Start in a push-up position, making sure your wrists and shoulders are in a straight line.
- Look ahead and keep a neutral spine. Extend your right arm forward, left leg back and hold.
- Crunch your left knee to meet your right elbow.
- Repeat and alternate.

CARDIO: BURPEES



- Stand with your feet hip-width apart, arms by your side.
- Drop into a squat position with your hands flat on the floor.
- Jump both legs back to the top of a push-up position.
- Jump both legs into your chest in a squat position.
- Return to standing and repeat.
- For more of a challenge, add a jump.

Pressed for time? Sneak in this full-body workout in just four steps – no equipment required!

8-10
REPS

3
SETS

3-5
TIMES A WEEK



21 DAY FITNESS GUIDE



GET FIT.
BE HEALTHIER.
BE HAPPIER.

START YOUR CHALLENGE TODAY

21 DAY CHALLENGE

21 DAY FITNESS GUIDE

ONE - 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.

Squat Jumps

Push Ups

Jumping Jacks

Side Plank(Right Side)

Switch Lunges

Side Plank (Left Side)

Mountain Climbers

Russian Twist

Jog in place

Plank Hold

TWO - TABATA

download Tabata timer APP to make life easier!

:20 work, :10 transition

Alternate exercises

8 total rounds

Rest 60 seconds before moving to next Tabata

A)Surfer JumpSquat Hold

B)High KneesPush Up Plank

C)Speed SkatersFlutter Kicks

D)Alternating Step Ups (get creative!

Use a chair, coffee table, last step of a set of stairs...)

Dead Bugs

21 DAY CHALLENGE

21 DAY FITNESS GUIDE

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....you may see this exact workout again in week 3!

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

FOUR - CORE CORE CORE

:30 - :45 per exercise

if it's a L/R perform L/R back to back

Push up plank

Leg Raises

High plank with alternating knee to elbow

Scissor Kicks

Side plank with Hip Dips/Raises (L/R)

Bridges

Reverse Crunch

Shoulder Tap Plank (alternate L/R side each rep)

FIVE - Circuit w/Repetitions

With Weights: 2-3 rounds 10-12 reps

Body weight only: 3-4 rounds 12-15 reps

Squat Press

Walkout with Push Ups

Lateral Lunge (add bicep curl if using weights)

Reverse Lunge with Knee Hike (Hold weight overhead) (L/R)

Superman with retraction

Surrender Squat

21 DAY FITNESS GUIDE



21 DAY CHALLENGE