

# Get fit today; feel good tomorrow.

Get Fit Challenge Workout Ideas



# Workout 1

## Aerobic Interval Training

### **Beginner** (Repeat 3x)

- 20 Jumping jacks
- 20 Wall push-ups
- 20 Squats with arms raised
- 20 Sit-ups or standard crunch
- 20 (seconds) Elbow plank

### **Intermediate** (Repeat 4x)

- 30 Jumping jacks
- 30 Traditional push-ups
- 30 Squats with arms raised
- 30 Bicycle crunches
- 30 (seconds) Elbow plank

### **Advanced** (Repeat 6x)

- 40 Jumping jacks
- 20 Traditional push-ups followed by 20 diamond push-ups
- 40 Frog squats
- 40 Raised leg crunches
- 30 (seconds) Plank with one arm up/alternate arm up
- 60 (seconds) Mountain climbers

**Remember, this is your fitness journey – map it out however you'd like.**

# Workout 2

## Aerobic Interval Training

### Beginner

Two-minute walk followed by two-minute walk at moderate pace that raises your heart rate. (Repeat 5x)

- 25 Jumping jack
- 25 Squats with arms raised
- 25 Negative push-ups
- 25 Sit-ups or standard crunch
- 25 (seconds) Elbow plank

### Intermediate

Two-minute brisk walk followed by one-minute sprints. (Repeat 4x)

- 35 Jumping jack
- 35 Traditional push-ups
- 35 Squats with arms raised
- 35 Bicycle crunches
- 35 (seconds) Elbow plank
- 1 minute rest - Repeat these exercises 3x

### Advanced

Two-minute walk followed by two-minute sprints. (Repeat 5x)

- 40 Jumping jack
- 25 Traditional push-ups
- 25 Tricep push-ups
- 35 Squats with arms raised
- 40 Frog Squats
- 40 (seconds) Plank with one arm up/alternate arm up
- 60 (seconds) Mountain climbers
- 1 minute rest - Repeat these exercises 3x

# Workout 3

## Aerobic Interval Training

### Beginner

One-minute walk followed by one-minute brisk walk at moderate pace that raises your heart rate. (Repeat 10x)

- 30 Jumping jack
- 30 Squats with arms raised
- 30 Negative push-ups
- 30 Bicycle crunches
- 30 (seconds) Elbow plank

### Intermediate

One-minute brisk walk followed by one-minute sprints. (Repeat 6x)

- 35 Squat jacks
- 35 Tricep push-ups
- 35 Squats with arms raised
- 35 Reverse crunches
- 40 (seconds) Elbow plank
- 1 minute rest - Repeat these exercises 3x

### Advanced

One-minute walk followed by one-minute sprints. (Repeat 10x)

- 40 Clap jacks
- 30 Tricep push-ups or Diamond push-ups
- 45 Frog Squats
- 40 Raised leg crunches
- 45 (seconds) Plank with one arm up/alternate arm up
- 60 (seconds) Mountain climbers
- 1 minute rest - Repeat these exercises 3x

# Workout 4

## Aerobic Interval Training

### Beginner

Two-minute walk followed by two-minute jog. (Repeat 5x)

35 Clap jacks

20 Traditional push-ups

35 Squats with arms raised

35 Bicycle crunches

30 (seconds) Elbow plank

35 (seconds) Mountain climbers

### Intermediate

One-minute brisk walk followed by one-minute sprints. (Repeat 8x)

35 Squat jacks alternating with clap jacks

35 Tricep push-ups

35 Squats with arms raised

35 Reverse crunches

40 (seconds) Elbow plank

1 minute rest - Repeat these exercises 3x

### Advanced

One-minute walk followed by one-minute sprints. (Repeat 12x)

50 Squat jacks alternating with clap jacks

50 Traditional push-ups

50 Frog Squats

50 Raised leg crunches

60 (seconds) Plank with one arm up/alternate arm up

60 (seconds) Mountain climbers

1 minute rest - Repeat these exercises 3x

# Workout 5

## Aerobic Interval Training

### Beginner

Two-minute walk followed by two-minute jog. (Repeat 8x)

40 Jumping jacks alternating with clap jacks

25 Traditional push-ups

40 Squats with arms raised

40 Bicycle crunches

40 (seconds) Elbow plank

40 (seconds) Mountain climbers

### Intermediate

One-minute brisk walk followed by one-minute sprints. (Repeat 10x)

45 Squat jacks alternating with clap jacks

45 Traditional push-ups

45 Squats with arms raised

45 Raised leg crunches

45 (seconds) Elbow plank

1 minute rest - Repeat these exercises 3x

### Advanced

One-minute walk followed by one-minute sprints. (Repeat 15x)

50 Squat jacks

50 Traditional push-ups alternating with clap push-ups

50 Burpees

50 Bicycle crunches

60 (seconds) Plank with one arm up/alternate arm up

60 (seconds) Mountain climbers

1 minute rest - Repeat these exercises 3x

# Workout 6

## Aerobic Interval Training

### Beginner

Two-minute walk followed by one-minute jog. (Repeat 10x)

50 Jumping jacks alternating with clap jacks

50 Traditional push-ups

50 Squats with arms raised

50 Bicycle crunches

50 (seconds) Elbow plank

50 (seconds) Mountain climbers

### Intermediate

One-minute job followed by one-minute sprints. (Repeat 15x)

60 Squat jacks alternating with clap jacks

50 Traditional push-ups alternating with clap push-ups

60 Squats with arms raised

60 Raised leg crunches

60 (seconds) Elbow plank

1 minute rest - Repeat these exercises 3x

### Advanced

One-minute walk followed by one-minute sprints. (Repeat 15x)

60 Squat jacks

60 Traditional push-ups

60 Burpees

60 Bicycle crunches

60 (seconds) Plank with one arm up/alternate arm up

60 (seconds) Mountain climbers

1 minute rest - Repeat these exercises 3x