



INTERMEDIATE BODYWEIGHT EXERCISE

*Variety
Program*

Are you ready to challenge yourself and bring your fitness to the next level?

Then welcome to the GetFit21 Intermediate Bodyweight Exercise Program.

This program is designed to build upon what you learned in the **beginner's program** (or what you already know from your own exercise experience). By adding more repetitions and more intensity, you'll work harder, grow stronger, and get healthier.

Like our beginner's program, all of these exercises use your own bodyweight. You can do these exercises anywhere and without any equipment.

Each daily workout is designed to challenge and push you further a little more each day.

To reduce the risk of injury, each exercise is built around your body's core movement patterns.

If you're unsure how to perform an exercise in this program, press the play button on the left to view a video demonstration by one of our fitness instructors.

Each workout can be completed in **30 minutes** or less, which is less time than watching your favorite TV show.

This program is based on two foundational training methods:

1

**Bodyweight Strength
Training**

2

**Cardiovascular
Fitness**

What You Need to Know to Get Started

We are about to walk you through a 21-day program, one day at a time.

At the intermediate level, our goal is to help you build on what you already know to improve your health, level of fitness, and weight. You'll follow our program for five days a week to challenge yourself effectively and safely.

The two days you aren't working out are called **Active Rest Days**. On Active Rest Days you will do something active that you enjoy for 30-45 minutes. It could be going for a walk, riding a bike, or playing in the yard with your kids.

Doing something active for 30 minutes each day is an opportunity for you to develop good lifestyle habits while giving your muscles and joints a much-needed break.

If you are feeling great on an Active Rest Day and want to exercise, just pick any day's program and do it. If it's nice outside, consider jogging for 30 minutes. For each period of exercise, do as much as you can and stop. If you can't meet the required duration time, stop at the number that you can do.

Some exercises include a Modification. If you find that doing the exercise as recommended is too difficult or uncomfortable, do the modified version.

As you progress each day, the exercises will slowly become more challenging. If you feel you can do more than what's suggested, add more time to each exercise or do an additional circuit.

You may find yourself trying an exercise and not liking it very much. That's okay! The next time it comes up in a circuit, replace it with an exercise you do like that works the same part of your body.

You'll find demonstrations of each exercise in your Bodyweight Exercise Demonstration Guide.

Before you start each workout, be sure to warm up and do some light stretching. Review the exercises for the day and the illustrations in your guide to learn how to do each exercise.

Three Weeks at a Glance



The daily Strength Training Circuit and Cardio Circuit will be **separate workouts**



The daily Strength Training Circuit and Cardio Circuit will be **combined in one workout**



The daily Strength Training Circuit and Cardio Circuit will be done **on alternating days**



This week you will work on strength and cardio in two separate workouts.

For each exercise duration do as much as you can and stop. If you can't meet the required duration time then stop at the number that you can do.

DAY 1 Workout

Strength Training – Do each exercise in circuits 1 and 2. Rest 10-15 seconds between each exercise.

Cardio – Do each exercise in circuits 1 and 2. Jog in place 10-15 seconds between each exercise.

If you can't do the duration set out for each exercise do as much as you can and stop.

1st Strength-Training Circuit

(Rest 10-15 seconds between each)

45
SEC

Squat Stance Hold



45
SEC

Leg Lifts Hold Stance



WATCH
VIDEO



WATCH
VIDEO



30
SEC

Push-Ups



45
SEC

Standing In Place Lunges



WATCH
VIDEO



WATCH
VIDEO



45
SEC

Bicycles



30
SEC

Incline Push-Ups on a Chair, Bench or Couch



**WATCH
VIDEO**



**WATCH
VIDEO**



Rest 15-30 seconds before starting 2nd Strength-Training Circuit

2nd Strength-Training Circuit

(Rest 10-15 seconds between each)

45
SEC

Body Squats



45
SEC

Flutter Kicks



**WATCH
VIDEO**



**WATCH
VIDEO**



30
SEC

Chair Dips



45
SEC

Body Squats



**WATCH
VIDEO**



**WATCH
VIDEO**



45
SEC

Flutter Kicks



**WATCH
VIDEO**



Rest 15-30 seconds before starting 1st Cardio Circuit

1st Cardio Circuit

Jog in place for each for **10 to 15 seconds** between each before starting the next exercise

45
SEC

High Knees



45
SEC

Mountain Climbers



45
SEC

Vertical Jumps



45
SEC

Burpees



45
SEC

Switch Feet



45
SEC

Jumping Jacks



Rest 15-30 seconds before starting 2nd Cardio Circuit

2nd Cardio Circuit

Jog in Place for **10 to 15 seconds** between each exercise

45
SEC

Suicides



45
SEC

Ski-Jumps



**45
SEC****Basketball Jump Shots****45
SEC****Run Around The Towel****WATCH
VIDEO****WATCH
VIDEO****45
SEC****Squat Upper-Cuts****45
SEC****Quick Feet****WATCH
VIDEO****WATCH
VIDEO**

DAY 2 Workout

Strength Training – Do each exercise in circuits 1 and 2. Rest 10-15 seconds between each exercise.

Cardio – Do each exercise in circuits 1 and 2. Jog in place 10-15 seconds between each exercise.

1st Strength-Training Circuit

(Rest 10-15 seconds between each)

**45
SEC****Planks****45
SEC****4 Step Lunges****WATCH
VIDEO****WATCH
VIDEO****30
SEC****Push-ups****45
SEC****Bicycles****WATCH
VIDEO****WATCH
VIDEO**

45
SEC

Sit-Ups



45
SEC

Standing Knee Lifts



WATCH
VIDEO



WATCH
VIDEO



Rest 15-30 seconds before starting 2nd Strength-Training Circuit

2nd Strength-Training Circuit

(Rest 10-15 seconds between each)

45
SEC

Sit-Ups



45
SEC

Standing Knee Lifts



WATCH
VIDEO



WATCH
VIDEO



45
SEC

Bicycles



30
SEC

Push-Ups



WATCH
VIDEO



WATCH
VIDEO



45
SEC

Planks



45
SEC

4 Step Lunges



WATCH
VIDEO



WATCH
VIDEO



Rest 15-30 seconds before starting 1st Cardio Circuit

1st Cardio Circuit

Jog in Place for **10** to **15 seconds** between each exercise

1
MIN

Jump Forward and **Jump Backward** for **30 sec** and **High Knees** for **30 sec**



45
SEC

Jumping Jacks



45
SEC

Jump Squats



45
SEC

Imaginary Jump Rope



45
SEC

Mountain Climbers



1
MIN

Switch Feet



Rest 15-30 seconds before starting 2nd Cardio Circuit

2nd Cardio Circuit

Jog in Place for **10 to 15 seconds** between each exercise

**45
SEC**

Vertical Jumps



**WATCH
VIDEO**



**1
MIN**

Switch Feet



**WATCH
VIDEO**



**45
SEC**

Mountain Climbers



**WATCH
VIDEO**



**45
SEC**

Jump Squats



**WATCH
VIDEO**



**1
MIN**

Jump Forward and **Jump Backward** for **30 sec** and **High Knees** for **30 sec**



**WATCH
VIDEO**



**WATCH
VIDEO**



**45
SEC**

Jumping Jacks



**WATCH
VIDEO**



DAY 3 Active Rest

DAY 4 Workout

Strength Training – Do each exercise in circuits 1 and 2. Rest 10-15 seconds between each exercise.

Cardio – Do each exercise in circuits 1 and 2. Jog in place 10-15 seconds between each exercise.

1st Strength-Training Circuit

(Rest 10-15 seconds between each)

30
SEC

Chair Dips



45
SEC

Leg Lifts Hold Stance



WATCH
VIDEO



WATCH
VIDEO



45
SEC

Crunches



1
MIN

Squat Stance Hold



WATCH
VIDEO



WATCH
VIDEO



30
SEC

Chair Dips



45
SEC

Leg Lifts Hold Stance



WATCH
VIDEO



WATCH
VIDEO



Rest 15-30 seconds before starting 2nd Strength-Training Circuit

2nd Strength-Training Circuit

(Rest 10-15 seconds between each)

1
MIN

Chair Assisted Squat with
Hands Out



1
MIN

Planks



30
SEC

Push-Ups



45
SEC

In and Outs



1
MIN

Squat Stance Hold



30
SEC

Incline Push-Ups a Chair,
Bench or Couch



Rest 15-30 seconds before starting 1st Cardio Circuit

1st Cardio Circuit

Jog in Place for 10 to 15 seconds between each exercise

45
SEC

High Knees



45
SEC

Burpees



45
SEC

Suicides



45
SEC

Ski Jumps



WATCH
VIDEO



WATCH
VIDEO



45
SEC

Jump Forward and Back Pedal
4 feet



1
MIN

Run Around a Towel



WATCH
VIDEO



WATCH
VIDEO



Rest 15-30 seconds before starting 2nd Cardio Circuit

2nd Cardio Circuit

Jog in Place for **10 to 15 seconds** between each exercise

45
SEC

Run Around a Towel



45
SEC

Jump Forward and Back Pedal
4 Feet



WATCH
VIDEO



WATCH
VIDEO



45
SEC

Ski Jumps



45
SEC

Suicides



WATCH
VIDEO



WATCH
VIDEO



1
MIN

Burpees



45
SEC

High Knees



WATCH
VIDEO



WATCH
VIDEO



DAY 5 Workout

Strength Training – Do each exercise in circuits 1 and 2. Rest 10-15 seconds between each exercise.

Cardio – Do each exercise in circuits 1 and 2. Jog in place 10-15 seconds between each exercise.

1st Strength-Training Circuit

(Rest 10-15 seconds between each)

45
SEC

Sit-Ups



45
SEC

Standing In Place Lunges



WATCH
VIDEO



WATCH
VIDEO



30
SEC

Chair Dips



45
SEC

Russian Twists



WATCH
VIDEO



WATCH
VIDEO



45
SEC

Body Squats



45
SEC

Bicycles



WATCH
VIDEO



WATCH
VIDEO



Rest 15-30 seconds before starting 2nd Strength-Training Circuit

2nd Strength-Training Circuit

(Rest 10-15 seconds between each)

45
SEC

Body Squats



45
SEC

Bicycles



WATCH
VIDEO



WATCH
VIDEO



45
SEC

Russian Twists



30
SEC

Chair Dips



WATCH
VIDEO



WATCH
VIDEO



45
SEC

Standing in Place Lunges



45
SEC

Sit-Ups



WATCH
VIDEO



WATCH
VIDEO



Rest 15-30 seconds before starting 1st Cardio Circuit

1st Cardio Circuit

Jog in Place for **10 to 15 seconds** between each exercise

45
SEC

Mountain Climbers



45
SEC

Jumping Jacks



WATCH
VIDEO



WATCH
VIDEO



45
SEC

Basketball Jump Shots



45
SEC

Quick Feet



WATCH
VIDEO



WATCH
VIDEO



1
MIN

Switch Feet



45
SEC

Squat Upper-Cuts



WATCH
VIDEO



WATCH
VIDEO



Rest 15-30 seconds before starting 2nd Cardio Circuit

2nd Cardio Circuit

Jog in Place for **10 to 15 seconds** between each exercise

1
MIN

Switch Feet



45
SEC

Quick Feet



WATCH
VIDEO



WATCH
VIDEO



**45
SEC****Squat Upper-Cuts****45
SEC****Basketball Jump Shots****WATCH
VIDEO****WATCH
VIDEO****45
SEC****Jumping Jacks****45
SEC****Mountain Climbers****WATCH
VIDEO****WATCH
VIDEO**

DAY 6 Workout

Strength Training – Do each exercise in circuits 1 and 2. Rest 10-15 seconds between each exercise.

Cardio – Do each exercise in circuits 1 and 2. Jog in place 10-15 seconds between each exercise.

1st Strength-Training Circuit

(Rest 10-15 seconds between each)

**30
SEC****Push-Ups****1
MIN****Planks****WATCH
VIDEO****WATCH
VIDEO****1
MIN****Squat Stance Hold****45
SEC****Incline Push-Ups on a Chair, Bench or Couch****WATCH
VIDEO****WATCH
VIDEO**

1
MIN

Leg Lifts Hold Stance



1
MIN

Squat Stance Hold



WATCH
VIDEO



WATCH
VIDEO



Rest 15-30 seconds before starting 2nd Strength-Training Circuit

2nd Strength-Training Circuit

(Rest 10-15 seconds between each)

1
MIN

Leg Lifts Hold Stance



45
SEC

Incline Push-Ups on a Chair,
Bench or Couch



WATCH
VIDEO



WATCH
VIDEO



1
MIN

Squat Stance Hold



1
MIN

Planks



WATCH
VIDEO



WATCH
VIDEO



45
SEC

Crunches



45
SEC

Incline Push-Ups on a Chair,
Bench or Couch



WATCH
VIDEO



WATCH
VIDEO



Rest 15-30 seconds before starting 1st Cardio Circuit

1st Cardio Circuit

Jog in Place for **10 to 15 seconds** between each exercise

45
SEC

Squat Speed Bag



45
SEC

Suicides



45
SEC

Jump Over a Towel



45
SEC

High Knees



45
SEC

Burpees



45
SEC

Jumping Jacks



Rest 15-30 seconds before starting 2nd Cardio Circuit

2nd Cardio Circuit

Jog in Place for **10 to 15 seconds** between each exercise

45
SEC

Burpees



45
SEC

Jump Over a Towel



**45
SEC****High Knees****45
SEC****Suicides****WATCH
VIDEO****WATCH
VIDEO****45
SEC****Jumping Jacks****45
SEC****Squat Speed Bag****WATCH
VIDEO****WATCH
VIDEO**

DAY 7 Active Rest



Last week you worked on strength and cardio in two separate workouts. This week you've graduated to combining both into one.

For each exercise duration do as much as you can and stop. If you can't meet the required duration time then stop at the number that you can do.

DAY 8 Workout

Cardio and Circuit Training – Do each exercise in circuits 1 and 2. Between each exercise alternate between resting 10-15 seconds and walking in place for 10-15 seconds. Repeat each circuit a 2nd time if you are feeling good.

1st Circuit Training and Cardio Workout

Between each exercise **alternate** between **resting** and **jogging in place** for **10-15 seconds**.

30
SEC

Push-Ups



WATCH
VIDEO



45
SEC

High Knees



WATCH
VIDEO



1
MIN

Planks



WATCH
VIDEO



1
MIN

Switch Feet



WATCH
VIDEO



30
SEC

Push-Ups



WATCH
VIDEO



1
MIN

Planks



WATCH
VIDEO



Rest 15-30 seconds before starting 2nd Circuit Training and Cardio Workout

2nd Circuit Training and Cardio Workout

Between each exercise **alternate** between **resting** and **jogging in place** for **10-15 seconds**.

1
MIN

Switch Feet



WATCH
VIDEO



30
SEC

Push-Ups



WATCH
VIDEO



45
SEC

High Knees



1
MIN

Planks



WATCH
VIDEO



WATCH
VIDEO



45
SEC

Jumping Jacks



30
SEC

Push-Ups



WATCH
VIDEO



WATCH
VIDEO



DAY 9 Workout

Cardio and Circuit Training – Do each exercise in circuits 1 and 2. Between each exercise alternate between resting 10-15 seconds and walking in place for 10-15 seconds. Repeat each circuit a 2nd time if you are feeling good.

1st Circuit Training and Cardio Workout

Between each exercise **alternate** between **resting** and **jogging in place** for **10-15 seconds**.

45
SEC

Suicides



45
SEC

Chair Dips



WATCH
VIDEO



WATCH
VIDEO



1
MIN

Quick Feet



45
SEC

In and Outs



WATCH
VIDEO



WATCH
VIDEO



1
MIN

Mountain Climbers



45
SEC

Sit-Ups



WATCH
VIDEO



WATCH
VIDEO



Rest 15-30 seconds before starting 2nd Circuit Training and Cardio Workout

2nd Circuit Training and Cardio Workout

Between each exercise **alternate** between **resting** and **jogging in place** for **10-15 seconds**.

1
MIN

Mountain Climbers



45
SEC

Sit-ups



WATCH
VIDEO



WATCH
VIDEO



1
MIN

Quick Feet



45
SEC

Chair Dips



WATCH
VIDEO



WATCH
VIDEO



45
SEC

Suicides

45
SEC

In and Outs

WATCH
VIDEOWATCH
VIDEO

DAY 10 Active Rest

DAY 11 Workout

Cardio and Circuit Training – Do each exercise in circuits 1 and 2. Between each exercise alternate between resting 10-15 seconds and walking in place for 10-15 seconds. Repeat each circuit a 2nd time if you are feeling good.

1st Circuit Training and Cardio Workout

Between each exercise **alternate** between **resting** and **jogging in place** for **10-15 seconds**.

45
SEC

Basketball Jump Shots

45
SEC

Incline Push-Ups on a Chair, Bench or Couch

WATCH
VIDEOWATCH
VIDEO45
SEC

Jump Over a Towel

45
SEC

Lunges Step Forward and Back

WATCH
VIDEOWATCH
VIDEO

1
MIN

Run Around a Towel



1
MIN

Leg Lifts Hold Stance



WATCH
VIDEO



WATCH
VIDEO



Rest 15-30 seconds before starting 2nd Circuit Training and Cardio Workout

2nd Circuit Training and Cardio Workout

Between each exercise **alternate** between **resting** and **jogging in place** for **10-15 seconds**.

45
SEC

Run Around a Towel



45
SEC

Lunges Step Forward and Back



WATCH
VIDEO



WATCH
VIDEO



45
SEC

Jump Over The Towel



1
MIN

Leg Lifts Hold Stance



WATCH
VIDEO



WATCH
VIDEO



45
SEC

Basketball Jump Shots



45
SEC

Incline Push-Ups on a Chair, Bench or Couch



WATCH
VIDEO



WATCH
VIDEO



DAY 12 Workout

Cardio and Circuit Training – Do each exercise in circuits 1 and 2. Between each exercise alternate between resting 10-15 seconds and walking in place for 10-15 seconds. Repeat each circuit a 2nd time if you are feeling good.

1st Circuit Training and Cardio Workout

Between each exercise **alternate** between **resting** and **jogging in place** for **10-15 seconds**.

45
SEC

Chair Dips



45
SEC

High Knees



WATCH
VIDEO



WATCH
VIDEO



1
MIN

Planks



45
SEC

Burpees



WATCH
VIDEO



WATCH
VIDEO



45
SEC

Body Squats



45
SEC

Russian Twists



WATCH
VIDEO



WATCH
VIDEO



Rest 15-30 seconds before starting 2nd Circuit Training and Cardio Workout

2nd Circuit Training and Cardio Workout

Between each exercise **alternate** between **resting** and **jogging in place** for **10-15 seconds**.

45
SEC

Body Squats



45
SEC

Burpees



WATCH
VIDEO



WATCH
VIDEO



1
MIN

Planks



45
SEC

High Knees



WATCH
VIDEO



WATCH
VIDEO



45
SEC

Chair Dips



45
SEC

Jumping Jacks



WATCH
VIDEO



WATCH
VIDEO



DAY 13 Workout

Cardio and Circuit Training – Do each exercise in circuits 1 and 2. Between each exercise alternate between resting 10-15 seconds and walking in place for 10-15 seconds. Repeat each circuit a 2nd time if you are feeling good.

1st Circuit Training and Cardio Workout

Between each exercise **alternate** between **resting** and **jogging in place** for **10-15 seconds**.

45
SEC

Suicides



45
SEC

Push-Ups



WATCH
VIDEO



WATCH
VIDEO



45
SEC

Mountain Climbers



45
SEC

Bicycles



WATCH
VIDEO



WATCH
VIDEO



45
SEC

Quick Feet



45
SEC

Standing In Place Lunges



WATCH
VIDEO



WATCH
VIDEO



Rest 15-30 seconds before starting 2nd Circuit Training and Cardio Workout

2nd Circuit Training and Cardio Workout

Between each exercise **alternate** between **resting** and **jogging in place** for **10-15 seconds**.

45
SEC

Bicycles



45
SEC

Quick Feet



WATCH
VIDEO



WATCH
VIDEO



45
SEC

Standing In Place Lunges



45
SEC

Mountain Climbers



WATCH
VIDEO



WATCH
VIDEO



45
SEC

Incline Push-Ups on a Chair, Bench or Couch



45
SEC

Suicides



WATCH
VIDEO



WATCH
VIDEO



DAY 14 Active Rest



Congratulations on arriving at Week Three of the GetFit21 bodyweight exercise program!

For the past two weeks you've been doing both strength and cardio exercises on the same day. This week, you'll be focusing on strength one day and cardio the next.

Push yourself harder this week than the previous two weeks. You're in the home stretch.

DAY 15 Workout

Strength Training – Do each exercise in circuits 1 and 2. Rest 10-15 seconds between each exercise. Repeat each circuit a 2nd time if you are feeling good.

1st Strength-Training Circuit

(Rest 10-15 seconds between each)

45
SEC

Push-Ups



45
SEC

Body Squats



WATCH
VIDEO



WATCH
VIDEO



45
SEC

Sit-Ups



45
SEC

Chair Dips



WATCH
VIDEO



WATCH
VIDEO



1
MIN

Planks



45
SEC

Incline Push-Ups on a Chair,
Bench or Couch



WATCH
VIDEO



WATCH
VIDEO



Rest 15-30 seconds before starting 2nd Circuit Training and Cardio Workout

2nd Strength-Training Circuit

(Rest 10-15 seconds between each)

45
SEC

Chair Dips



45
SEC

Sit-Ups



WATCH
VIDEO



WATCH
VIDEO



**45
SEC****Body Squats****45
SEC****Push-Ups****WATCH
VIDEO****WATCH
VIDEO****1
MIN****Planks****45
SEC****Chair Dips****WATCH
VIDEO****WATCH
VIDEO**

DAY 16 Workout

Cardio – Do each exercise in circuits 1 and 2. Jog in place 10-15 seconds between each exercise. Repeat each circuit a 2nd time if you are feeling good.

1st BootCamp Cardio Circuit

(Jog in Place for 10 to 15 seconds between each)

**45
SEC****Jumping Jacks****45
SEC****Suicides****WATCH
VIDEO****WATCH
VIDEO****45
SEC****Mountain Climbers****45
SEC****Quick Feet****WATCH
VIDEO****WATCH
VIDEO**

45
SEC

Vertical Jumps



1
MIN

Run Around a Towel



WATCH
VIDEO



WATCH
VIDEO



Rest 15-30 seconds before starting 2nd Boot Camp Cardio Workout

2nd BootCamp Cardio Circuit

(Jog in Place for 10 to 15 seconds between each)

45
SEC

Vertical Jumps



45
SEC

Quick Feet



WATCH
VIDEO



WATCH
VIDEO



1
MIN

Run Around a Towel



45
SEC

Suicides



WATCH
VIDEO



WATCH
VIDEO



45
SEC

Mountain Climbers



45
SEC

Jumping Jacks



WATCH
VIDEO



WATCH
VIDEO



DAY 17 Active Rest

DAY 18 Workout

Strength Training – Do each exercise in circuits 1 and 2. Rest 10-15 seconds between each exercise. Repeat each circuit a 2nd time if you are feeling good.

1st Strength-Training Circuit

(Rest 10-15 seconds between each)

45
SEC

3 Step Lunges Forward/Back



45
SEC

Flutter Kicks



WATCH
VIDEO



WATCH
VIDEO



45
SEC

Incline Push-ups on a Chair,
Bench or Couch



45
SEC

Russian Twists



WATCH
VIDEO



WATCH
VIDEO



1
MIN

Squat Stance Hold



45
SEC

Incline Push-ups on a Chair,
Bench or Couch



WATCH
VIDEO



WATCH
VIDEO



Rest 15-30 seconds before starting 2nd Strength-Training Circuit

2nd Strength-Training Circuit

(Rest 10-15 seconds between each)

45
SEC

Lunges Step Forward and Back



WATCH
VIDEO



45
SEC

Russian Twists



WATCH
VIDEO



45
SEC

3 Step Lunges Forward/Back



WATCH
VIDEO



45
SEC

Incline Push-ups on a Chair, Bench or Couch



WATCH
VIDEO



45
SEC

Flutter Kicks



WATCH
VIDEO



1
MIN

Squat Stance Hold



WATCH
VIDEO



DAY 19 Workout

Cardio – Do each exercise in circuits 1 and 2. Jog in place 10-15 seconds between each exercise. Repeat each circuit a 2nd time if you are feeling good.

1st BootCamp Cardio Circuit

(Jog in Place for 10 to 15 seconds between each)

45
SEC

Burpees



WATCH
VIDEO



45
SEC

Jump Over a Towel



WATCH
VIDEO



45
SEC

High Knees



1
MIN

Switch Feet



WATCH
VIDEO



WATCH
VIDEO



45
SEC

Quick Feet



45
SEC

Jump Forward and then Back
Pedal 4 Feet



WATCH
VIDEO



WATCH
VIDEO



Rest 15-30 seconds before starting 2nd Boot Camp Cardio Circuit

2nd BootCamp Cardio Circuit

(Jog in Place for 10 to 15 seconds between each)

1
MIN

Switch Feet



45
SEC

High Knees



WATCH
VIDEO



WATCH
VIDEO



45
SEC

Jump Forward and then Back
Pedal 4 Feet



45
SEC

Quick Feet



WATCH
VIDEO



WATCH
VIDEO



**45
SEC****Jump Over a Towel****45
SEC****Burpees****WATCH
VIDEO****WATCH
VIDEO**

DAY 20 Workout

Strength Training – Do each exercise in circuits 1 and 2. Rest 10-15 seconds between each exercise. Repeat each circuit a 2nd time if you are feeling good.

1st Strength-Training Circuit

(Rest 10-15 seconds between each)

**45
SEC****Push-Ups****45
SEC****In and Outs****WATCH
VIDEO****WATCH
VIDEO****45
SEC****Chair Dips****1
MIN****Squat Hold Stance****WATCH
VIDEO****WATCH
VIDEO****1
MIN****Planks****45
SEC****Incline Push-ups on a Chair, Bench or Couch****WATCH
VIDEO****WATCH
VIDEO**

Rest 15-30 seconds before starting 2nd Strength Training Circuit

2nd Strength-Training Circuit

(Rest 10-15 seconds between each)

1
MIN

Squat Hold Stance



WATCH
VIDEO



45
SEC

Chair Dips



WATCH
VIDEO



45
SEC

In and Outs



WATCH
VIDEO



45
SEC

Push-Ups



WATCH
VIDEO



45
SEC

Stationary Lunges



WATCH
VIDEO



45
SEC

Chair Dips



WATCH
VIDEO



DAY 21 Active Rest

Congratulations, you have successfully completed your 21-day challenge. You should be proud of yourself. You did what you promised to do when you started the program. WOW!

Enjoy this feeling of achievement and don't allow yourself to forget how you feel right now!

Now the key is making what you've learned part of your daily life. Don't allow yourself to fall back into your old habits.

Welcome to Your New Life!