

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:



Bodyweight Strength Training



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.



(Rest 10-15 seconds between each)

45 SEC

Squat Stance Hold



45 SEC













Push-Ups



45 SEC

Standing In Place Lunges



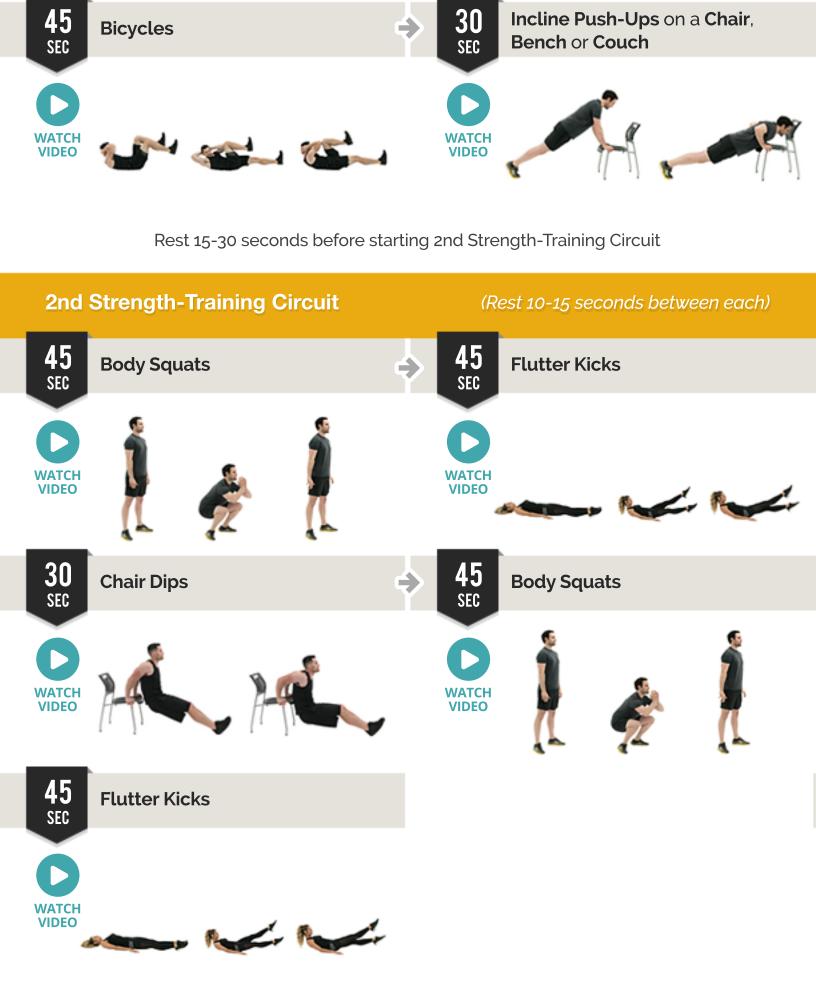












1st Cardio Circuit

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



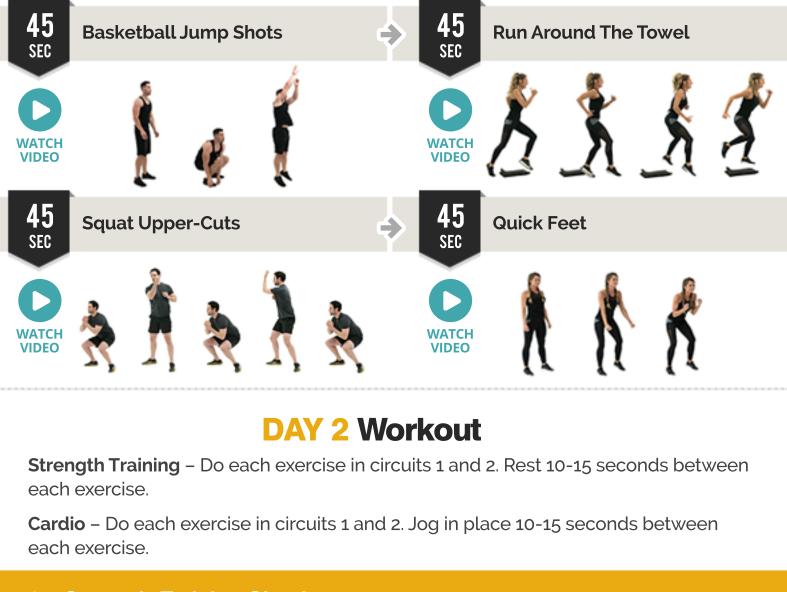
Rest 15-30 seconds before starting 2nd Cardio Circuit

2nd Cardio Circuit

Jog in Place for 10 to 15 seconds between each exercise









(Rest 10-15 seconds between each)









Rest 15-30 seconds before starting 1st Cardio Circuit

Jog in Place for 10 to 15 seconds between each exercise



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









45 SEC

Jumping Jacks



Jump Squats









Imaginary Jump Rope



Mountain Climbers











Switch Feet





Jog in Place for 10 to 15 seconds between each exercise



Vertical Jumps





Switch Feet









Mountain Climbers



Jump Squats









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















Jumping Jacks

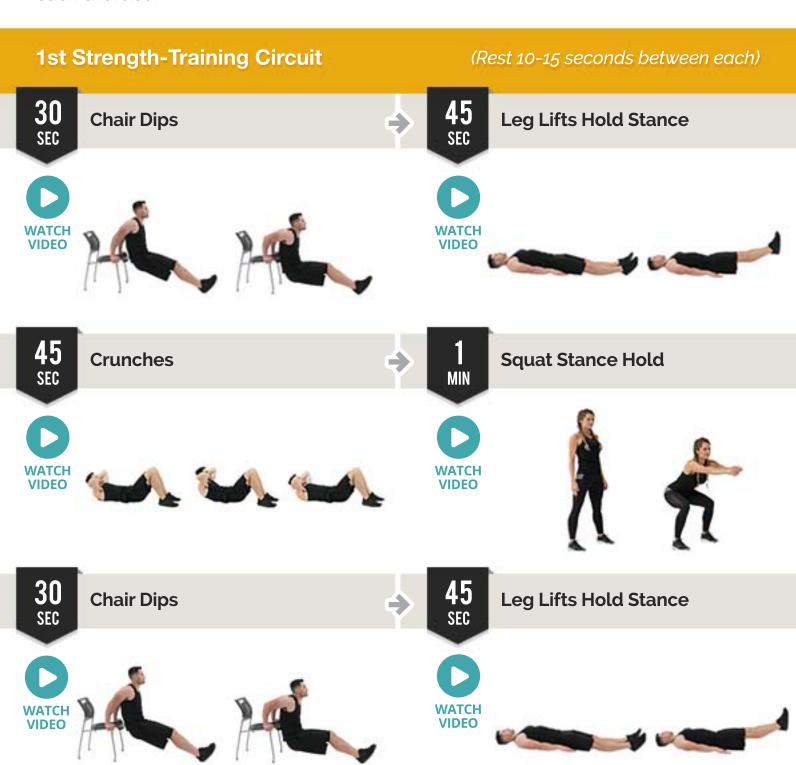




DAY 4 Workout

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.





Chair Assisted Squat with **Hands Out**





Planks









30

Push-Ups



In and Outs











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

High Knees



Burpees















Suicides



Ski Jumps















Jump Forward and Back Pedal 4 feet





Run Around a Towel















Rest 15-30 seconds before starting 2nd Cardio Circuit

2nd Cardio Circuit

Jog in Place for 10 to 15 seconds between each exercise

Run Around a Towel



Jump Forward and Back Pedal 4 Feet



















Ski Jumps



Suicides SEC



















Burpees



45 SEC

High Knees









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











30 SEC

Chair Dips



45 SEC

Russian Twists















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



Rest 15-30 seconds before starting 1st Cardio Circuit

1st Cardio Circuit

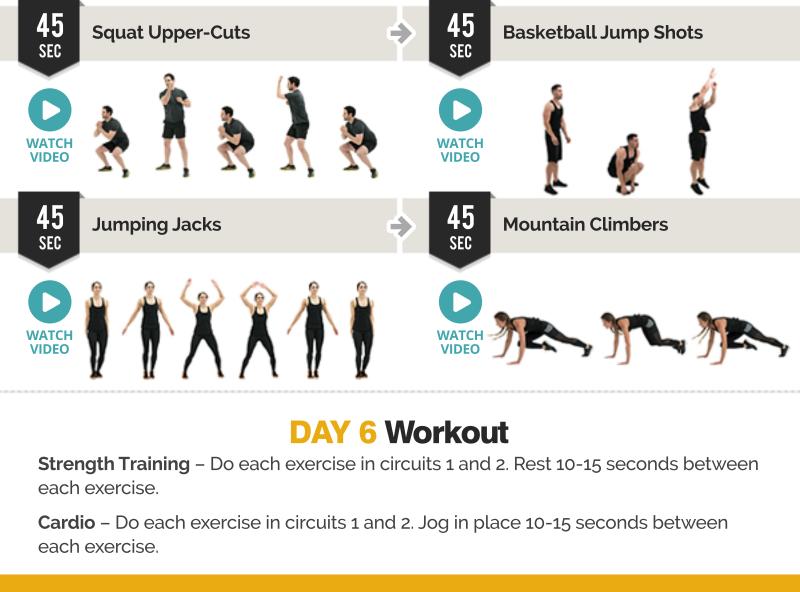
Jog in Place for 10 to 15 seconds between each exercise



Rest 15-30 seconds before starting 2nd Cardio Circuit

2nd Cardio Circuit





1st Strength-Training Circuit

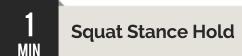
(Rest 10-15 seconds between each)





Planks







Incline Push-Ups on a Chair, Bench or Couch













Squat Stance Hold







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

2nd Strength-Training Circuit

(Rest 10-15 seconds between each)



Leg Lifts Hold Stance



45 SEC

Incline Push-Ups on a Chair, Bench or Couch













Squat Stance Hold





Planks











Crunches



45 SEC

Incline Push-Ups on a Chair, Bench or Couch









1st Cardio Circuit

Jog in Place for 10 to 15 seconds between each exercise

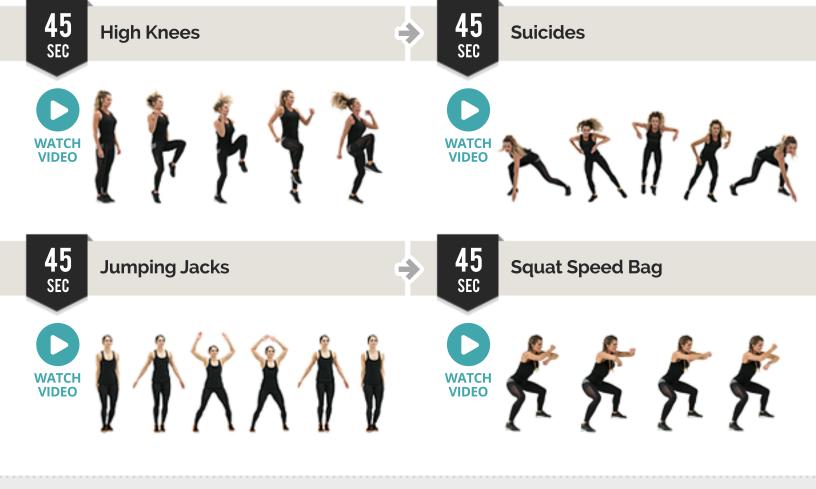


Rest 15-30 seconds before starting 2nd Cardio Circuit

2nd Cardio Circuit

Jog in Place for 10 to 15 seconds between each exercise





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.

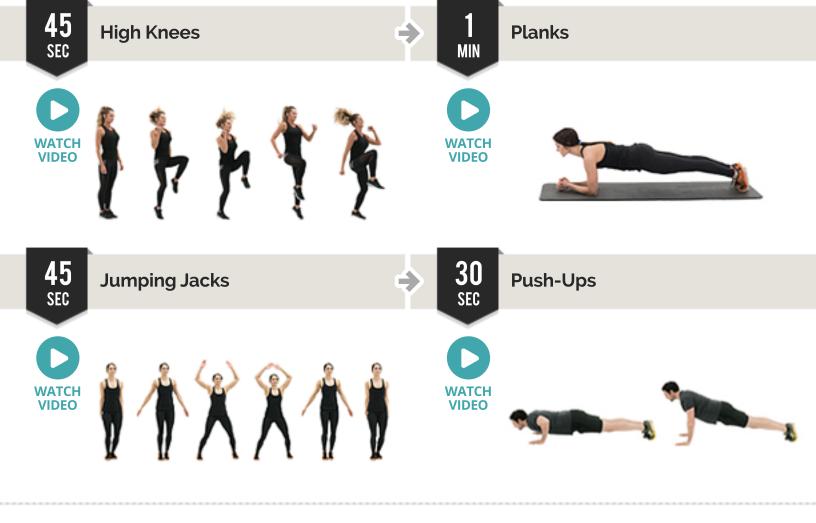


Rest 15-30 seconds before starting 2nd Circuit Training and Cardio Workout

2nd Circuit Training and Cardio Workout

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





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.









Mountain Climbers





Sit-Ups







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











Quick Feet



Chair Dips



















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













Jump Over a Towel





Lunges Step Forward and Back











Leg Lifts Hold Stance













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.

SEC

Run Around a Towel



Lunges Step Forward and Back















Jump Over The Towel





Leg Lifts Hold Stance















45

Basketball Jump Shots





Incline Push-Ups on a Chair, Bench or Couch













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.



2nd Circuit Training and Cardio Workout

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



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.



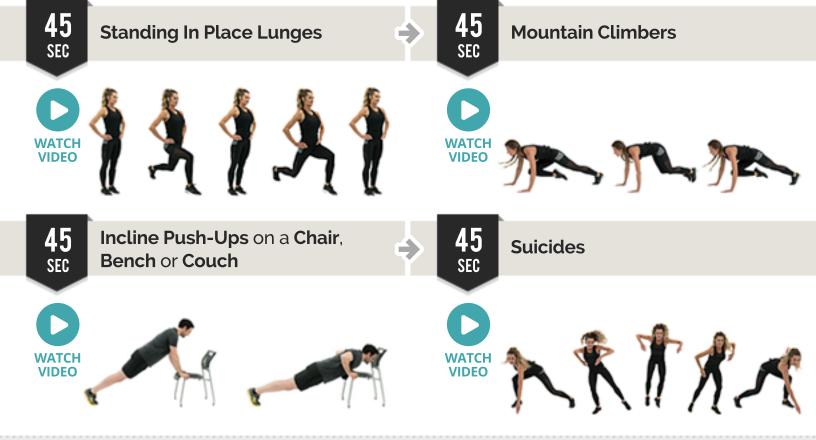
Rest 15-30 seconds before starting 2nd Circuit Training and Cardio Workout

2nd Circuit Training and Cardio Workout

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







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.



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

2nd Strength-Training Circuit

(Rest 10-15 seconds between each)



Chair Dips



Sit-Ups















Run Around a Towel



















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



















1 MIN

Run Around a Towel



45 SEC

Suicides















Mountain Climbers





Jumping Jacks





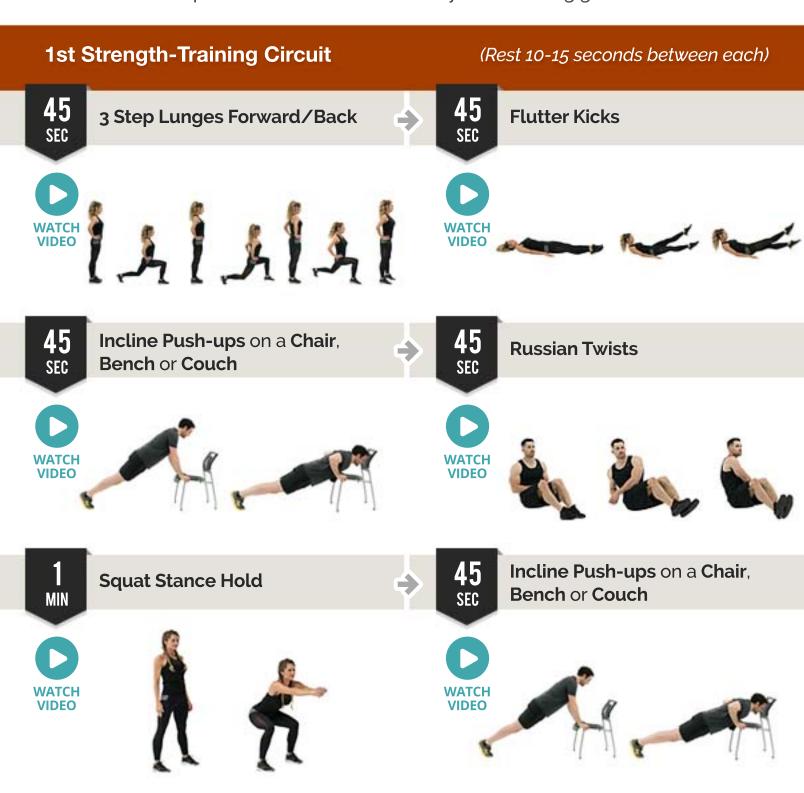




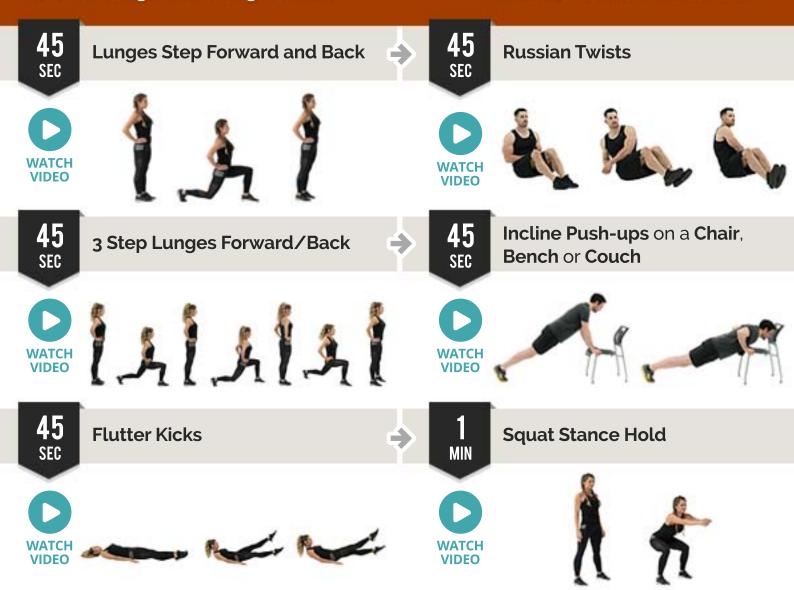
DAY 17 Active Rest

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.



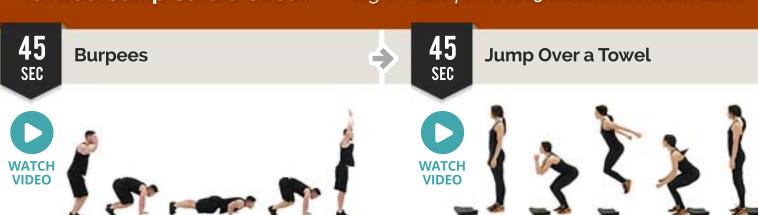
Rest 15-30 seconds before starting 2nd Strength-Training Circuit

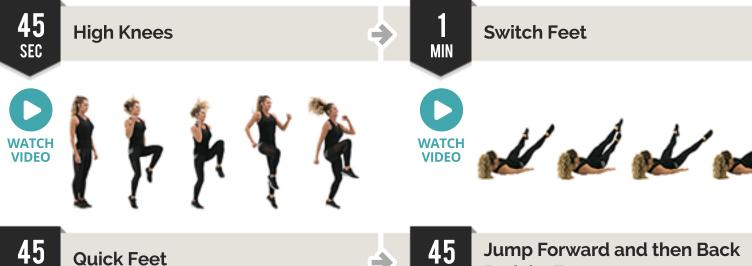


DAY 19 Workout

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)







Quick Feet



45 SEC

Jump Forward and then Back Pedal 4 Feet

















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)

Switch Feet



High Knees















Jump Forward and then Back Pedal 4 Feet



Quick Feet



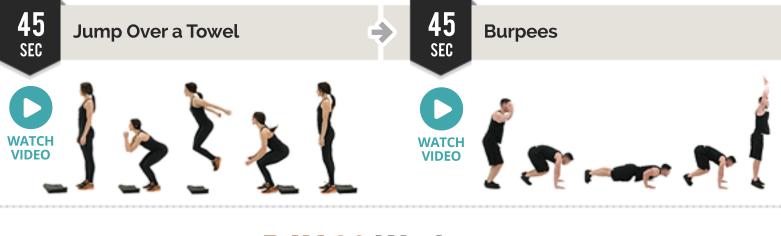












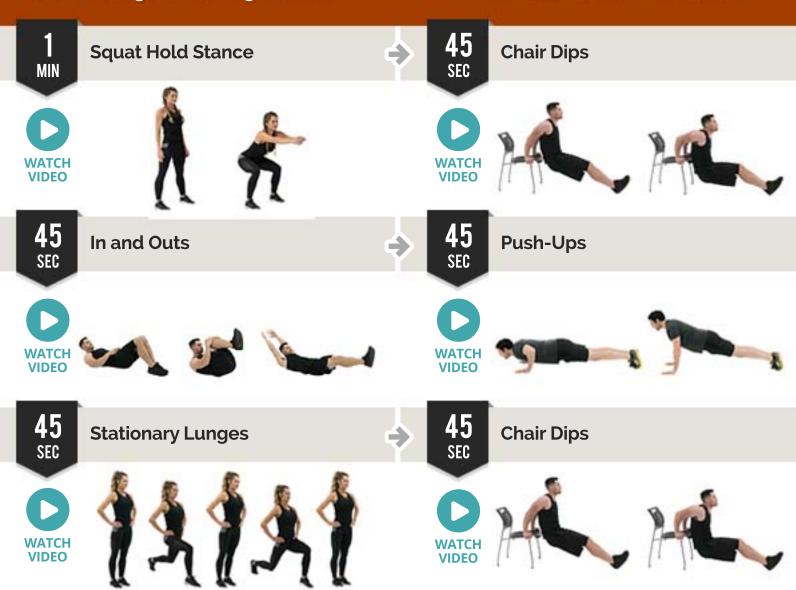
DAY 20 Workout

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.



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

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!

