

21 Day Fitness Challenge

A beginner's training plan that incorporates all types of activities for those starting their fitness journey.

When it comes to working out, remember that everyone finds it challenging, no matter their fitness level.

It's funny how motivation works. You won't always want to work out, even professionals have days when they don't want to do it but with a schedule, they have already decided that training is something that is required for that day and so they do it. You can decide that for yourself too.

Knowing where to start is a challenge whether you're a new exerciser or just trying to get back into exercise. The best workout schedule for you will depend on various factors like your age, fitness level, goals, and any physical restrictions you may have.

Having a properly planned training schedule will provide structure to your workouts and ensure you incorporate strategies that help you see the results you want. Workout plans also help you know exactly what to do so you aren't left guessing.

Slow and steady wins the race

Don't start by sweating every single day. Don't start by pushing yourself so hard that you have nothing left for tomorrow. As a beginner, your muscle soreness and fatigue are going to be rather high, so it's important not to push yourself, listen to your body and take the time to rest and stretch when needed.

Enjoy your workout

Find workouts you enjoy. You are more likely to push yourself if you truly like the workout you are doing. The type of exercise you do doesn't matter, it's more the habit of moving and working out consistently that's really important. So, find activities you enjoy to get your body moving and stick with it! It's always easier to do the workout when you are excited and looking forward to it!

Motivation is key

Keep yourself motivated. Once you get into a groove of your workout schedule, it's good to give yourself little rewards to stay motivated or get an accountability buddy or workout partner to help you stay on track!

Always prioritize recovery

Rest days are important for every level of fitness. Rest days also don't always mean doing nothing. Exercises like working on mobility, stretches and short slow walks are great for the body during rest or recovery days.

Go Endorphins Go

Through cardio such as running or spinning, you will improve your aerobic fitness. Getting your heart rate up releases endorphins, which are known as the feel-good chemical. Endorphins provide a sense of well-being that keeps you motivated, helps relieve stress and pain, and encourages you to exercise more.

Failure to plan is planning to fail

Create your training plan and schedule it into your day! Doing a blend of resistance or bodyweight training, cardiovascular exercise, active rest, and flexibility or mobility work ensures your body is getting everything that it needs!

21 Day Fitness Challenge Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

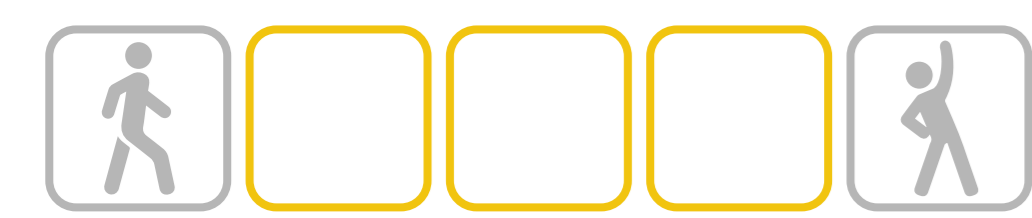
Saturday

Sunday

Day 1

Core

- 8 sit ups
- 8 bicycles
- 8 leg raises
- 8 bird dogs
- 10 sec planks



Day 2

Cardio

- 5 min brisk walk
- 10 jumping jacks



Day 3

Upper body

- 8 doorway curls
- 4 pushups
- 8 tricep dips
- 4 comando planks
- 8 supermans



Day 4

Cardio

- 4 min brisk walk
- 1 min fast walk
- 30 sec jog



Day 5

Legs

- 8 squats
- 8 lunges
- 8 deadlifts
- 8 calf raises



Day 6

Core

- 10 sit ups
- 10 bicycles
- 10 leg raises
- 10 bird dogs
- 12 sec planks



Day 7

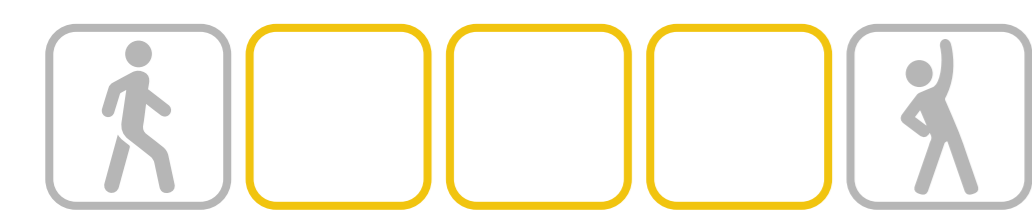
Full body stretch



Day 8

Cardio

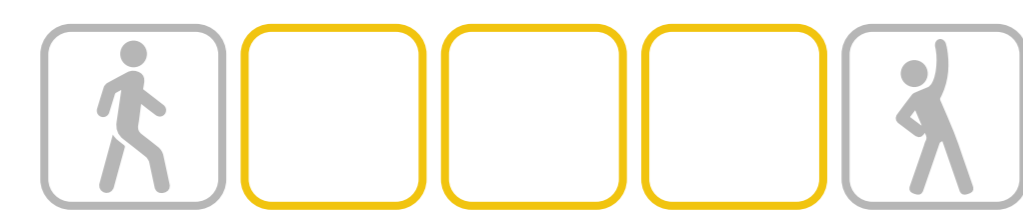
- 3 min brisk walk
- 2 min fast walk
- 30 sec jog



Day 9

Upper body

- 10 doorway curls
- 5 pushups
- 10 tricep dips
- 5 comando planks
- 10 supermans



Day 10

Recovery

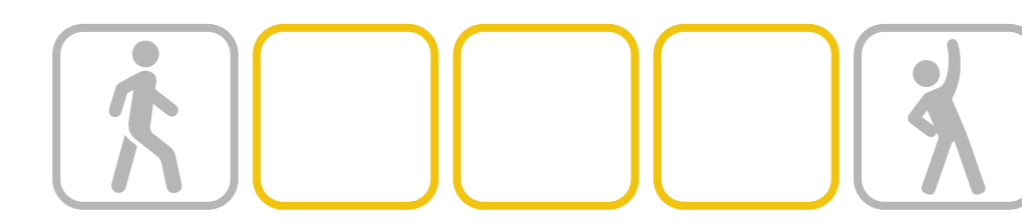
- 5 min mindful walk



Day 11

Legs

- 10 squats
- 10 lunges
- 10 deadlifts
- 10 calf raises



Day 12

Core

- 12 sit ups
- 12 bicycles
- 12 leg raises
- 12 bird dogs
- 14 sec plank



Day 13

Cardio

- 3 min brisk walk
- 3 min fast walk
- 30 sec jog



Day 14

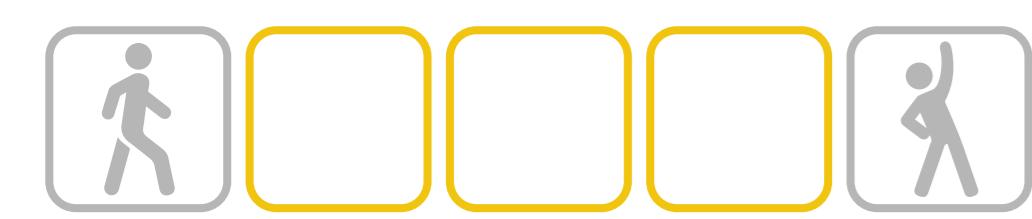
Full body stretch



Day 15

Core

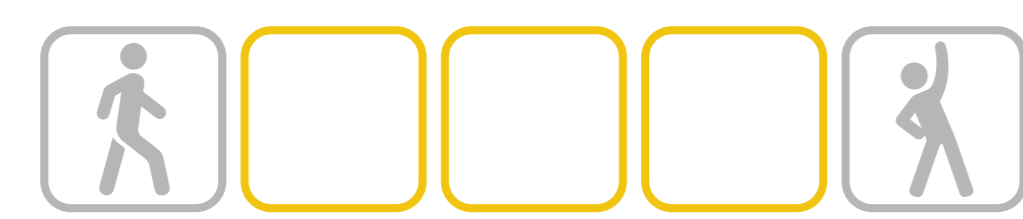
- 14 sit ups
- 14 bicycles
- 14 leg raises
- 14 bird dogs
- 15 sec planks



Day 16

Cardio

- 2 min brisk walk
- 4 min fast walk
- 30 sec jog



Day 17

Upper body

- 12 doorway curls
- 6 pushups
- 12 tricep dips
- 6 comando planks
- 12 supermans



Day 18

Cardio

- 3 min brisk walk
- 4 min fast walk
- 30 sec jog



Day 19

Legs

- 12 squats
- 12 lunges
- 12 deadlifts
- 12 calf raises



Day 20

Core

- 15 sit ups
- 15 bicycles
- 15 leg raises
- 15 bird dogs
- 15 sec planks



Day 21

Full body stretch



Instructions



Warm up before exercise



Do 3 sets of listed exercises



Cool down after exercise



Mark each box after completing

Exercise breakdown

Here is a breakdown of how to do each exercise that is part of the challenge.

The following exercise descriptions are provided by Fitbod (not sponsored), a fitness app that is often recommended by our Watch Me Rise members. Here is a referral link that you can use to get your first 3 workouts free. <https://fitbod.app.link/78zyeSBVz6>

Sit Up: Lie on your back with your knees bent and your feet flat on the floor, either underneath a stable object or with the assistance of a partner. Place your hands behind your head and keep your torso braced by breathing into your stomach and flexing the abdominal muscles. Maintain a neutral spine as you flex your hips and lift your back off the floor until your torso is in an upright position. Keep tension in your abdomen as you lower your torso back to the ground.

Leg Raise: Lie your back onto the ground with your legs extended and arms resting at your sides palms down. Slightly tilt your hips upward to position your lower back flush with the floor. Prevent your lower back from lifting off the floor by breathing into your stomach and flexing your abdominal muscles. Keep your ankles bent to 90 degrees and your legs extended with a slight bend in your knees as you raise your legs to vertical with the floor. Lower your legs to the starting position.

Plank: Lie on your stomach with your elbows flexed to 90 degrees and positioned directly under your shoulders. Your palms should face down as your forearms run parallel to each other and your toes should be tucked under your feet to support your weight. Brace your core by breathing into your stomach and flexing the abdominal muscles before elevating your hips and knees off the ground. Remain rigid throughout the body to maintain a straight alignment from your heels to your shoulders. Hold for an allotted time.

Jumping Jack: Stand upright with your feet together and arms extended to your sides. Bend your knees slightly to initiate a lateral hop to extend your legs to the sides while simultaneously bringing your arms out and to the sides to end overhead. Rhythmically hop back to the starting position landing on the balls of your feet and continue to repeat the motion.

Bicycle: Lie on your back with your hands behind your head and your hips and knees flexed to 90 degrees. Extend one leg away from your body, keeping both feet elevated off the ground. Bring the fully extended leg back in towards your body and up to your chest keeping your lower legs parallel with the floor. Once you have reached your knee to your chest, rotate your head and upper back to bring the opposite elbow to the flexed knee keeping your palms firmly on the backside of your head without pulling your head forward. Return your knee and hip to 90 degrees and lower your head and shoulders back to the ground before repeating the movement with the opposite leg.

Bird Dog: Drop down to your hands and knees with your hands directly underneath your shoulders and your knees bent to 90 degrees directly underneath your hips. Brace your core to maintain a stationary neutral spine and tuck your toes underneath your heels. Extend your right arm in front of your shoulder parallel with the floor while simultaneously extending your left leg behind you also keeping it parallel with the floor. Return to the starting position and repeat with the opposite side.

Brisk Walk: Aim for a pace of between 10:00–12:00 per kilometer (5–6 kph)

Fast Walk: Aim for a speed of 08:00–10:00 per kilometer (6–7.5 kph)

Jog: Aim for a speed of 06:40–08:00 per kilometer (7.5–9 kph)

Doorway Curl: Stand in a doorway with your feet close to the bottom of the door and grasp the doorframe using your left hand. Extend your left arm and lean back, then pull at the doorframe to come up. Repeat this exercise with your right hand.

Pushup: Start with your elbows fully extended and your hands placed on the floor just outside shoulder-width apart. Brace your core by breathing into your stomach and flexing the abdominal muscles to create a straight and rigid posture from your heels to your shoulders. With your hips and knees extended throughout the exercise, flex your elbows to descend your chest to the floor while keeping your elbows at a 45-degree angle to your torso. Return to the starting position after your chest has reached the floor.

Commando Plank: Push up onto your right hand, until that arm is straight, followed by the left arm to come into a high plank position. Lower back down to your starting position on your right arm, followed by your left. Keep your spine neutral and your core tight to prevent from rocking from side to side throughout.

Lunge: Stand in an upright posture with your feet hip-width apart. Shift your weight to your stance leg as the other leg begins to step forward. Initiate contact, heel first, with the stepping leg until the foot is firmly planted and the back heel is lifted off the floor. While maintaining an upright torso, descend your back knee towards the ground keeping your front heel on the ground. Raise your back knee once the front thigh has become parallel with the floor and push off your front forefoot to return to the starting position.

Calf raise: Stand upright with your feet hip-width apart. Raise your heels off the ground by flexing your calves as far as your range of motion will allow. Controllably return to the starting position.

***Deadlift:** In an upright standing position, grab (a pair of dumbbells/hold of the barbell) with your palms facing in towards your body. Keep your arms extended, legs straight, and core braced throughout the exercise. Keep your legs straight as you extend your hips to descend the (dumbbells/barbell) close to shin level, your back can round slightly here. Once you have reached the appropriate depth, return to starting position in a controlled manner by engaging the hamstrings and glutes.

Can be done without equipment simply by doing the motion as if you were picking up a set of dumbbells or barbell.

***Tricep Dip:** Grab hold the dip bars with extended arms allowing your elbows to slightly flex. Suspend your body above the ground and brace your core to keep your spine neutral. Angle your body slightly forward and keep your shoulders rolled back as you begin to flex your elbows to descend your body. Keep your elbows close to your body and continue to flex them until they've reached a 90-degree angle. Extend your elbows back to the starting position.

Can be done between two chairs or a chair and bed instead of dip bars.

Superman: Lie on your stomach with your arms outstretched overhead and your legs fully extended. Brace your core by breathing into your abdomen and flexing your abdominal muscles. Hyperextend your hips by flexing your glutes allowing your legs to lift a few inches off the ground while simultaneously flexing your shoulders to raise your arms to the same height. Keep your ears between your biceps while in this extended position before lowering your legs and arms back to the starting position.

Squats: Begin by placing your feet just outside shoulder-width apart and slightly angled outward. Keep your weight evenly distributed through your feet throughout the exercise. Begin to descend by reaching your hips slightly back. Your knees should track outward over your second toe and slightly forward as you descend while keeping your core braced to avoid any rounding in the spine. You should continue to descend to a deep enough depth that allows your spine to remain neutral before extending your hips and knees back to the starting position.

Warmup and Stretches: For warm-up ideas, cool-down stretches and the full body stretch routine. Have a look at our videos on the 21 day fitness challenge on our website. (Link in the bottom right corner of each page)

Disclaimer

The information provided in this PDF is for educational purposes only. We are not doctors, fitness professionals or registered dietitians. The contents of this document should not be taken as medical advice and should be performed solely at your own risk. It is not intended to diagnose, treat, cure, or prevent any health problem - nor is it intended to replace the advice of a physician. Always consult your physician or qualified health professional on any matters regarding your health and/or engagement in physical activity. No part of this report may be modified in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author (Watch Me Rise). All copyrights are reserved. Watch Me Rise™ may not be copied or used for any purpose without express written consent.
