

21 Day Fitness Challenge Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

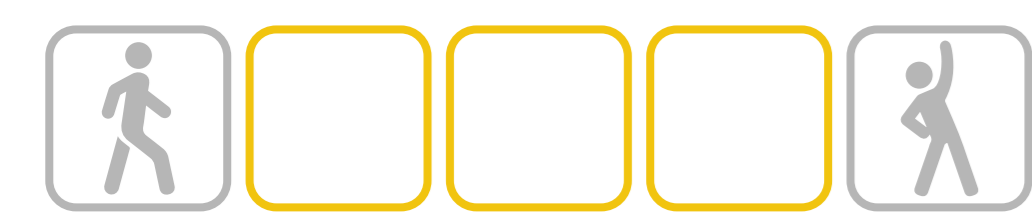
Saturday

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

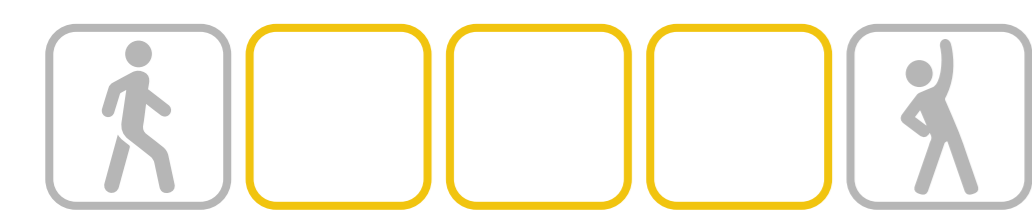
Full body stretch



Day 8

Cardio

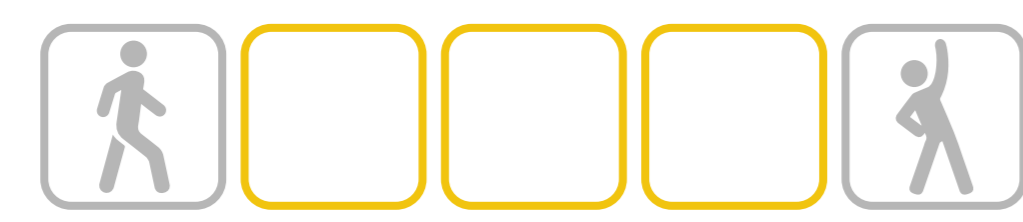
- 3 min brisk walk
- 2 min fast walk
- 30 sec jog



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

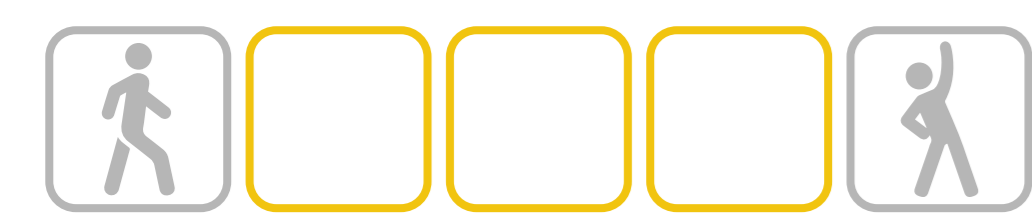
Full body stretch



Day 15

Core

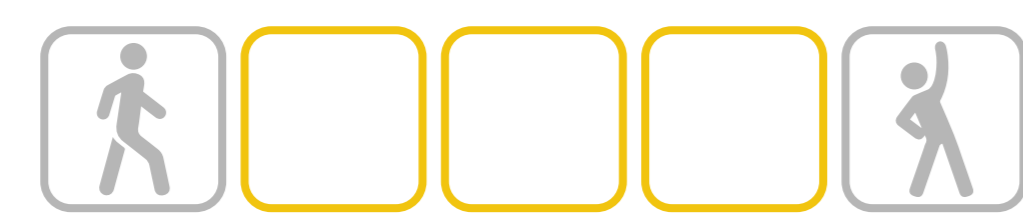
- 14 sit ups
- 14 bicycles
- 14 leg raises
- 14 bird dogs
- 15 sec planks



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