






















# 21 DAYS OF FITNESS

## REBOOT YOUR BODY IN 2016

It takes 21 days to get used to a new habit: kick off 2016 with 21 days of bodyweight exercises that will get your fitness routine back on track!

How it works: this is a Tabata-inspired workout that requires maximal effort on each exercise during the "on" time followed by a short rest - "off" time. The "on" interval, during which you should try to do as many reps as you can will be increased each week to maximize training results and metabolic outcome.

<b>11 Drop Squats</b>  4 sets of Drop Squats 10 sec on, 20 sec off	<b>12 Mountain Climber</b>  4 sets of Mountain Climber 10 sec on, 20 sec off	<b>13 Split Jumps</b>  4 sets of Split Jumps 10 sec on, 20 sec off	<b>14 Plank Knee Taps</b>  4 sets of Plank Knee Taps 10 sec on, 20 sec off	<b>15 Skater Jumps</b>  4 sets of Skater Jumps 10 sec on, 20 sec off	<b>16 Diagonal Chops</b>  4 sets of Diagonal Chops 10 sec on, 20 sec off	<b>17 In-Out Squats</b>  4 sets of In-Out Squats 10 sec on, 20 sec off
<b>18 Drop Squats</b>  4 sets of Drop Squats 15 sec on, 15 sec off	<b>19 Mountain Climber</b>  4 sets of Mountain Climber Switch 15 sec on, 15 sec off	<b>20 Split Jumps</b>  4 sets of Split Jumps 15 sec on, 15 sec off	<b>21 Plank Knee Taps</b>  4 sets of Plank Knee Taps 15 sec on, 15 sec off	<b>22 Skater Jumps</b>  4 sets of Skater Jumps 15 sec on, 15 sec off	<b>23 Diagonal Chops</b>  4 sets of Diagonal Chops 15 sec on, 15 sec off	<b>24 In-Out Squats</b>  4 sets of In-Out Squats 15 sec on, 15 sec off
<b>25 Drop Squats</b>  4 sets of Drop Squats 20 sec on, 10 sec off	<b>26 Mountain Climber</b>  4 sets of Mountain Climber Switch 20 sec on, 10 sec off	<b>27 Split Jumps</b>  4 sets of Split Jumps 20 sec on, 10 sec off	<b>28 Plank Knee Taps</b>  4 sets of Plank Knee Taps 20 sec on, 10 sec off	<b>29 Skater Jumps</b>  4 sets of Skater Jumps 20 sec on, 10 sec off	<b>30 Diagonal Chops</b>  4 sets of Diagonal Chops 20 sec on, 10 sec off	<b>31 In-Out Squats</b>  4 sets of In-Out Squats 20 sec on, 10 sec off
<i>well done!</i>						

To see a full description of exercises and video demo visit:  
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