






















21 DAYS OF FITNESS

REBOOT YOUR BODY

It takes 21 days to get used to a new habit: start 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.

1 Drop Squats  4 sets of Drop Squats 10 sec on, 20 sec off	2 Mountain Climber  4 sets of Mountain Climber 10 sec on, 20 sec off	3 Split Jumps  4 sets of Split Jumps 10 sec on, 20 sec off	4 Plank Knee Taps  4 sets of Plank Knee Taps 10 sec on, 20 sec off	5 Skater Jumps  4 sets of Skater Jumps 10 sec on, 20 sec off	6 Diagonal Chops  4 sets of Diagonal Chops 10 sec on, 20 sec off	7 In-Out Squats  4 sets of In-Outs Squats 10 sec on, 20 sec off
8 Drop Squats  4 sets of Drop Squats 15 sec on, 15 sec off	9 Mountain Climber  4 sets of Mountain Climber Switch 15 sec on, 15 sec off	10 Split Jumps  4 sets of Split Jumps 15 sec on, 15 sec off	11 Plank Knee Taps  4 sets of Plank Knee Taps 15 sec on, 15 sec off	12 Skater Jumps  4 sets of Skater Jumps 15 sec on, 15 sec off	13 Diagonal Chops  4 sets of Diagonal Chops 15 sec on, 15 sec off	14 In-Out Squats  4 sets of In-Outs Squats 15 sec on, 15 sec off
15 Drop Squats  4 sets of Drop Squats 20 sec on, 10 sec off	16 Mountain Climber  4 sets of Mountain Climber Switch 20 sec on, 10 sec off	17 Split Jumps  4 sets of Split Jumps 20 sec on, 10 sec off	18 Plank Knee Taps  4 sets of Plank Knee Taps 20 sec on, 10 sec off	19 Skater Jumps  4 sets of Skater Jumps 20 sec on, 10 sec off	20 Diagonal Chops  4 sets of Diagonal Chops 20 sec on, 10 sec off	21 In-Out Squats  4 sets of In-Outs Squats 20 sec on, 10 sec off
<i>well done!</i>						