



# 90 days of **action**

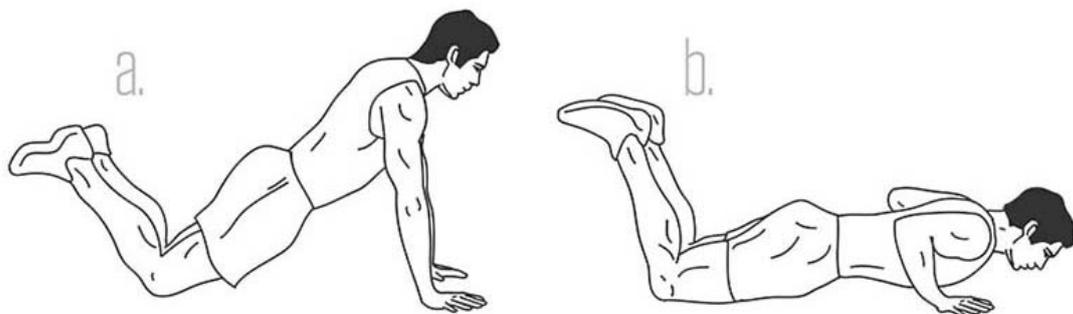
Neila Rey

#90daysof**action**

## Levels & Difficulty

Each workout of each day has three levels of difficulty: I, II and III. If you are new to exercise or you haven't done any training in a long while you should start this program on Level I. Level III is the hardest level of difficulty and can be pretty challenging to complete.

Note: If you can't do more than two consecutive push-ups, perform *knee push-ups* instead of push-ups during the course of this program:



## Before You Start

Look over the workout for the day and make sure you understand all of the exercises illustrated so it doesn't slow you down once you have started. If you are not sure how to perform an exercise, Google it.

Download a stopwatch app for your mobile or find a kitchen timer for workouts that require you to time the exercises (e.g. planks) and for challenges.



- **cheat meal**

You can have anything you want – once during the day.

# Workout Log

1. Bodyweight	2. Cardio	3. Abs	4. Strength	5. Stretching 	6. Challenge
7. Cardio	8. Abs	9. Bodyweight	10. Stretching 	11. Cardio 	12. Abs
13. Bodyweight	14. Challenge	15. Stretching 	16. Strength	17. Abs	18. Cardio
19. Bodyweight	20. Stretching 	21. Endurance	22. Abs	23. Cardio 	24. Bodyweight
25. Stretching 	26. Strength	27. Abs	28. Challenge	29. Cardio	30. Stretching 
31. Strength	32. Abs	33. Challenge	34. Cardio	35. Stretching 	36. Abs
37. Strength	38. Endurance	39. Cardio	40. Stretching 	41. Abs	42. Cardio 
43. Abs	44. Cardio	45. Stretching 	46. Strength	47. Challenge	48. Bodyweight
49. Abs	50. Stretching 	51. Cardio 	52. Abs	53. Endurance	54. Bodyweight
55. Stretching 	56. Cardio	57. Abs	58. Challenge	59. Endurance	60. Stretching 
61. Cardio 	62. Strength	63. Abs	64. Bodyweight	65. Stretching 	66. Challenge
67. Cardio	68. Abs	69. Strength	70. Stretching 	71. Cardio 	72. Abs
73. Bodyweight	74. Endurance	75. Stretching 	76. Cardio	77. Strength	78. Challenge
79. Abs	80. Stretching 	81. Abs	82. Bodyweight	83. Endurance	84. Challenge
85. Stretching 	86. Cardio 	87. Abs	88. Bodyweight	89. Abs	90. Challenge

# Bodyweight Workout

10 reps each

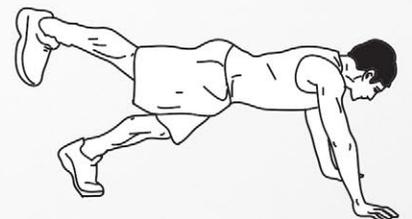
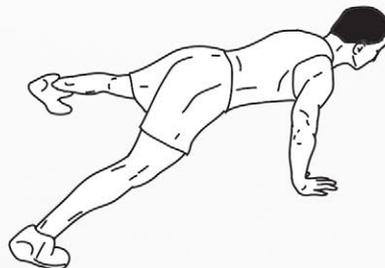
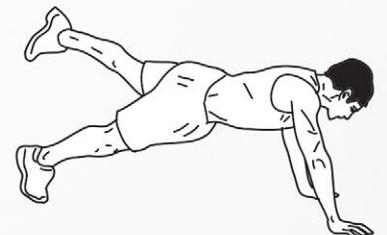
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



1. squats



2. forward lunges



3. plank jump-ins

4. plank jacks

5. plank leg raises

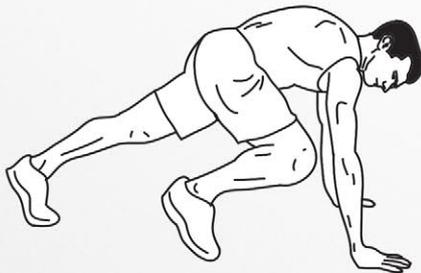
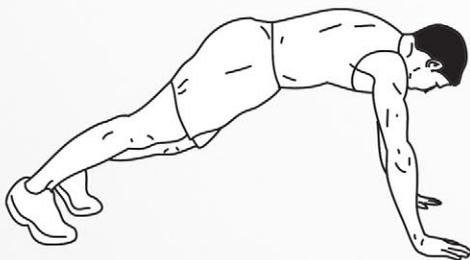
rest between sets: up to 2 minutes

# Cardio Workout

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- 10 reps high knees
- 10 reps mountain climbers
- 20 reps high knees
- 20 reps mountain climbers
- 30 reps high knees
- 30 reps mountain climbers
- 20 reps high knees
- 20 reps mountain climbers
- 10 reps high knees
- 10 reps mountain climbers



- LEVEL I:** 3 sets
- LEVEL II:** 5 sets
- LEVEL III:** 7 sets

rest between sets:  
up to 3 minutes

# Ab Work

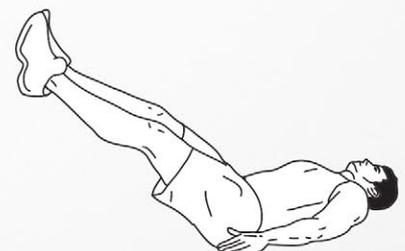
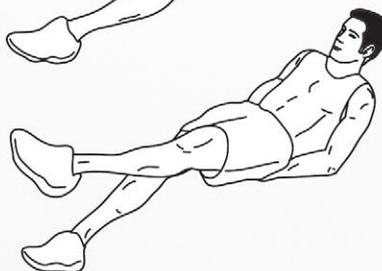
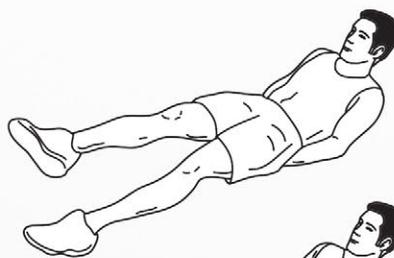
reps: **Level I: 6 reps** **Level II: 8 reps** **Level III: 10 reps**

sets: **Level I: 3 sets** **Level II: 5 sets** **Level III: 7 sets**



1. knee crunches

2. Russian twists



3. flutter kicks

4. scissors

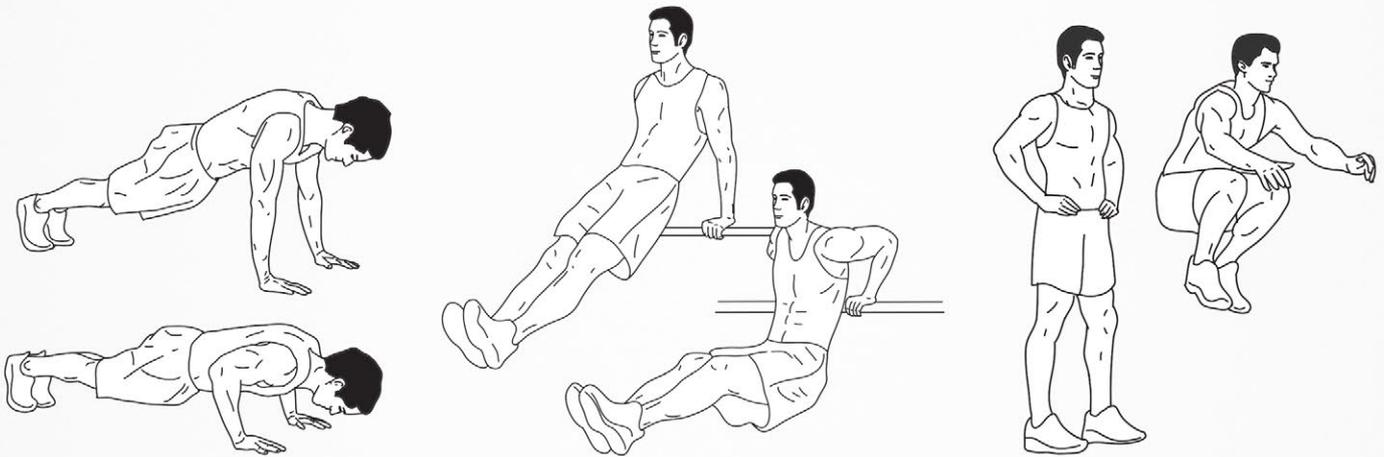
5. leg raises

rest between sets: up to 2 minutes

# Strength Workout

reps: **Level I: 4 reps** **Level II: 6 reps** **Level III: 10 reps**

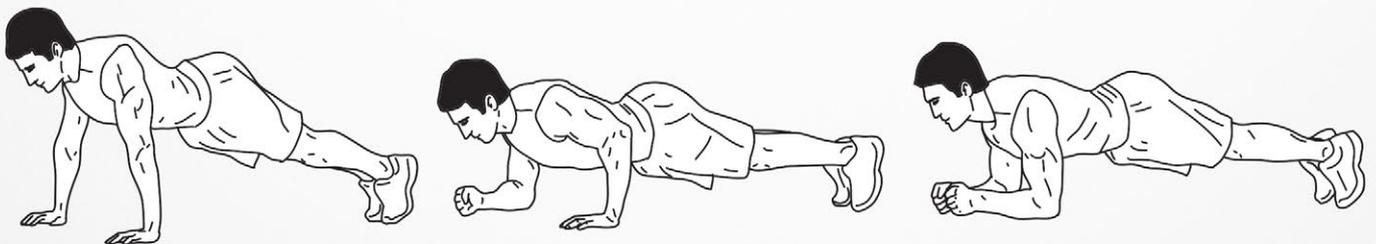
sets: **Level I: 4 sets** **Level II: 6 sets** **Level III: 8 sets**



1. push-ups

2. tricep dips

3. jump squats

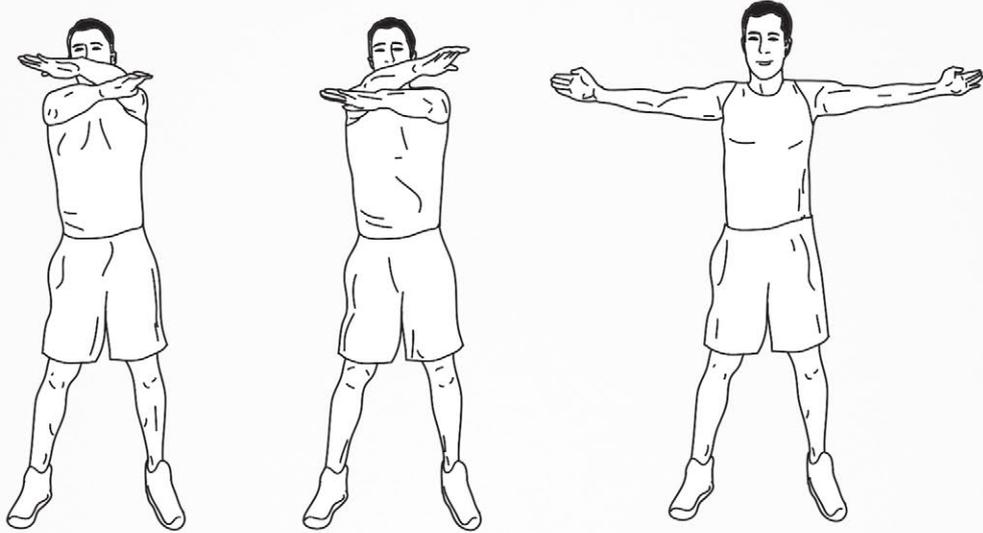


4. moving plank

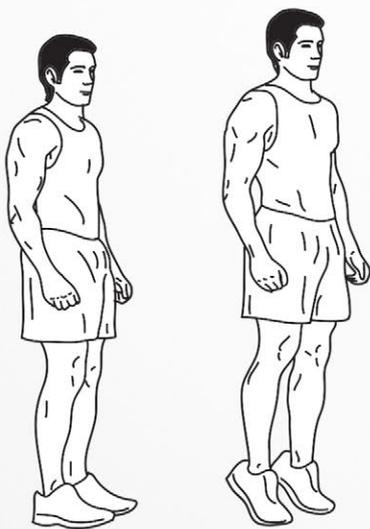
rest between sets: up to 2 minutes

# Stretching

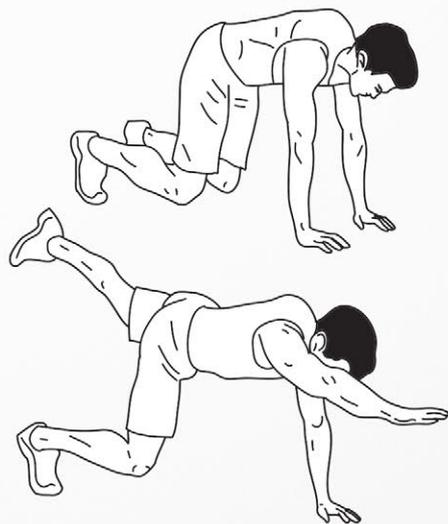
20 reps each | 3 sets | 60 seconds rest between sets



1. criss-cross chest expansions



2. calf raises

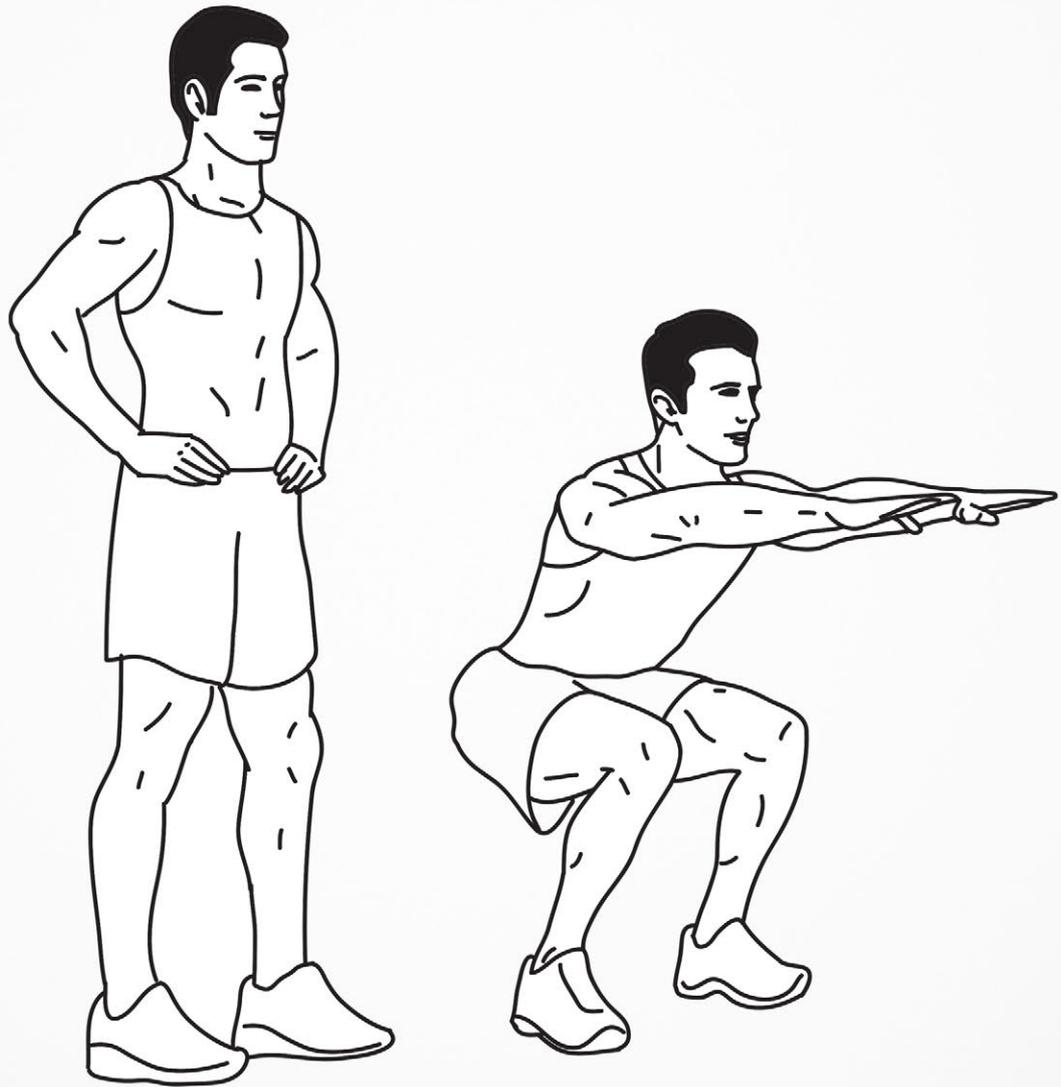


3. cat stretches

**EXTRA** walk 2 miles [ 3 km ]

# Challenge

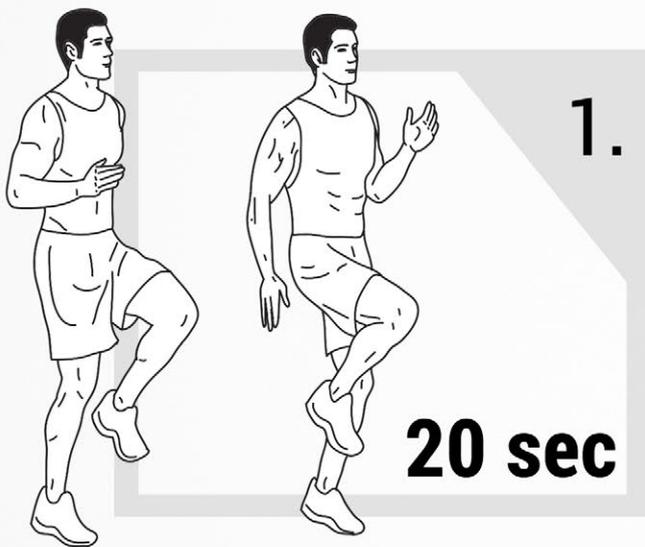
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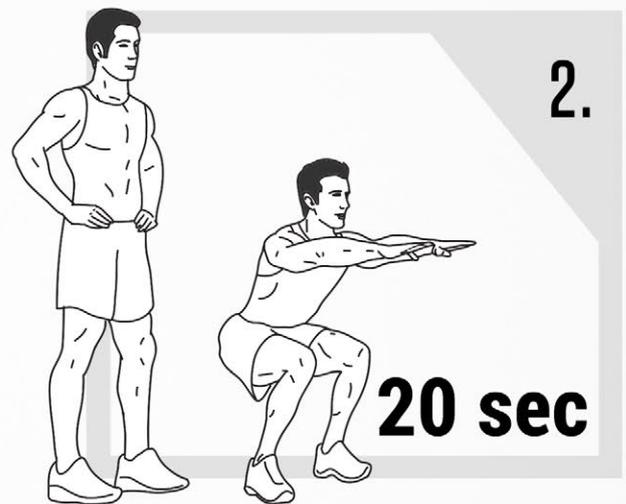
**100 squats**  
[ throughout the day ]

# Cardio Workout

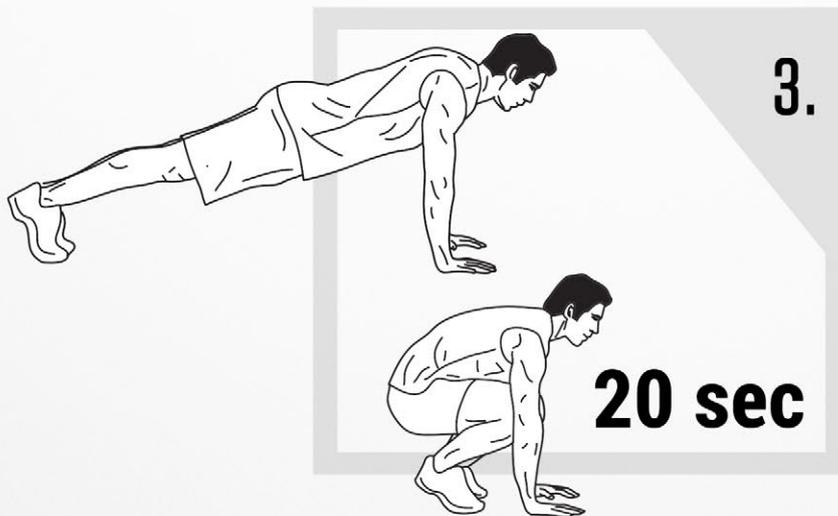
**Level I** 5 rounds **Level II** 10 rounds **Level III** 15 rounds  
1 minute rest between rounds



high knees



squats

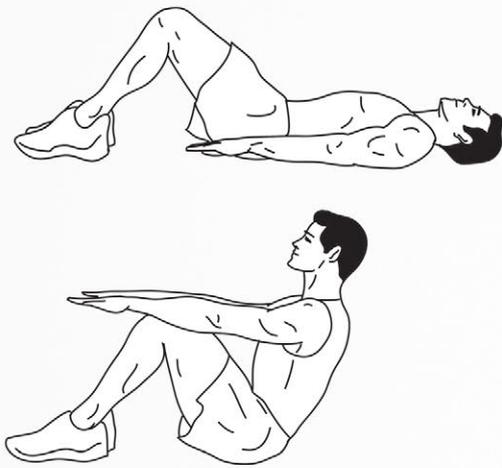


planks jump-ins

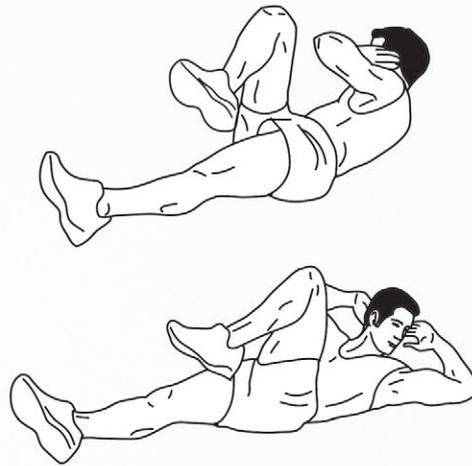
## Ab Work

reps: **Level I: 6 reps** **Level II: 8 reps** **Level III: 10 reps**

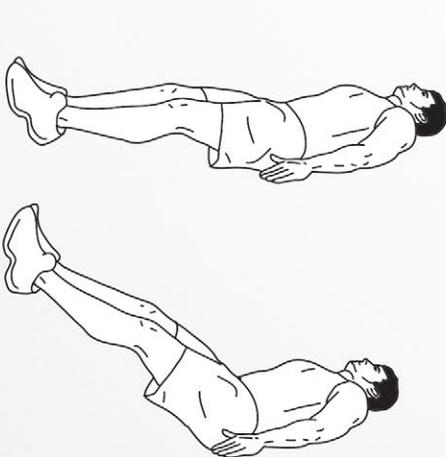
sets: **Level I: 3 sets** **Level II: 5 sets** **Level III: 7 sets**



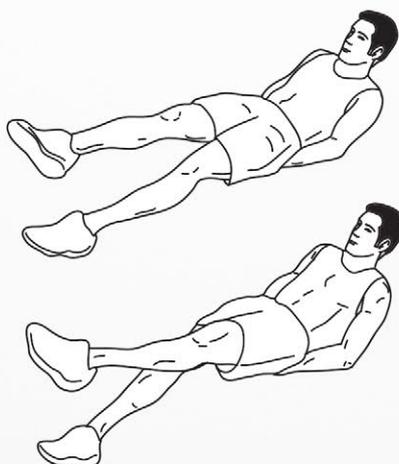
1. sit-ups



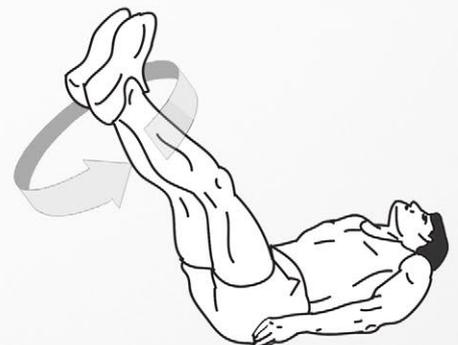
2. cycling crunches



3. leg raises



4. scissors

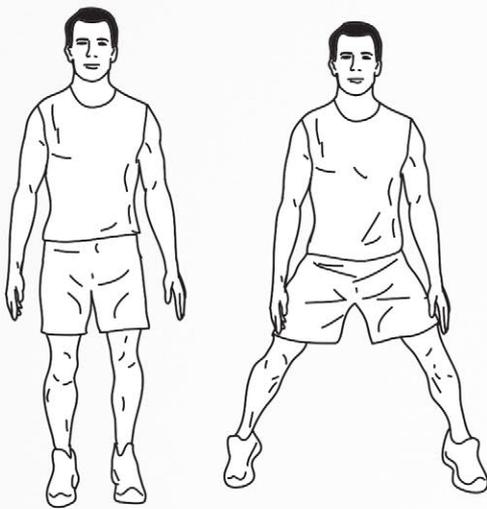


5. raised leg circles

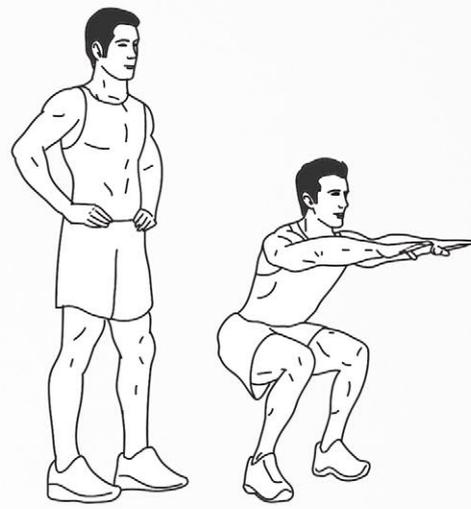
**rest between sets: up to 2 minutes**

# Bodyweight Workout

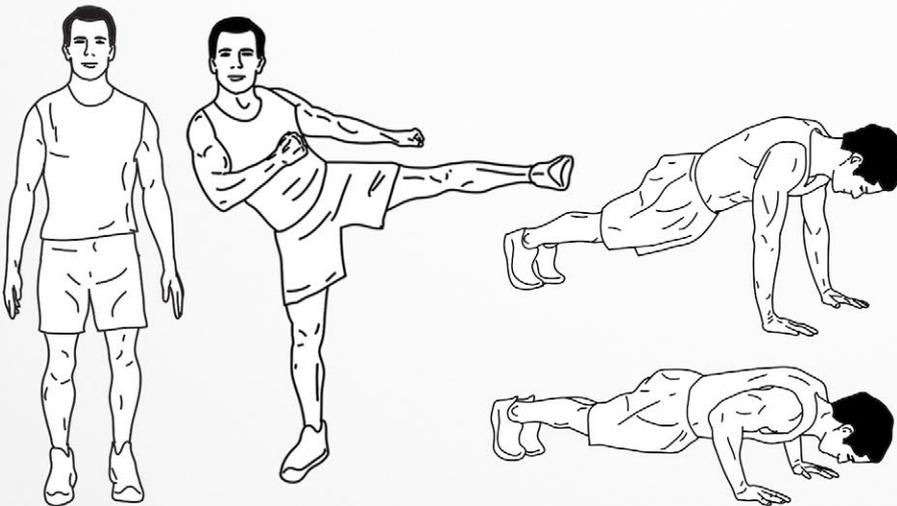
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



1) **30** half jacks

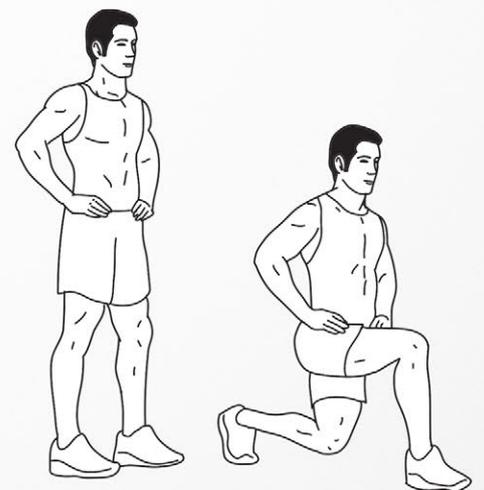


2) **20** squats



3) **40** leg raises

4) **6** push-ups

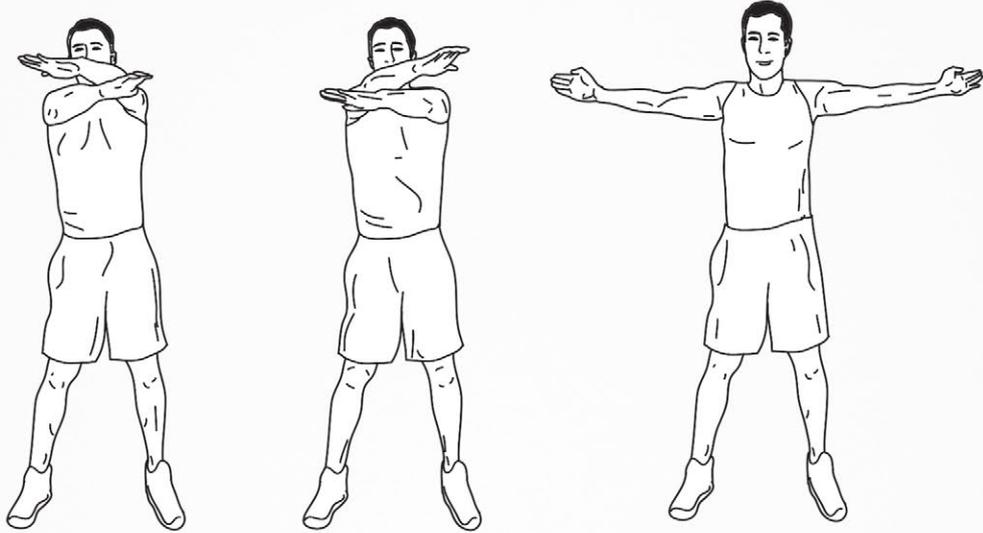


5) **20** lunges

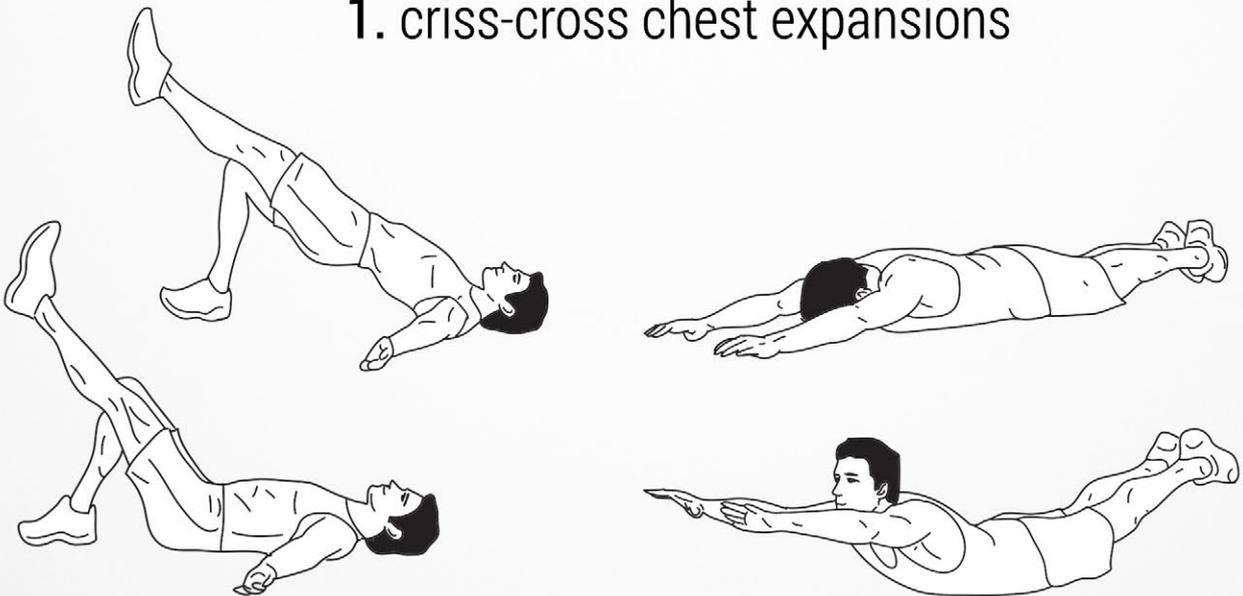
**rest between sets:** up to 2 minutes

# Stretching

20 reps each | 3 sets | 60 seconds rest between sets



1. criss-cross chest expansions



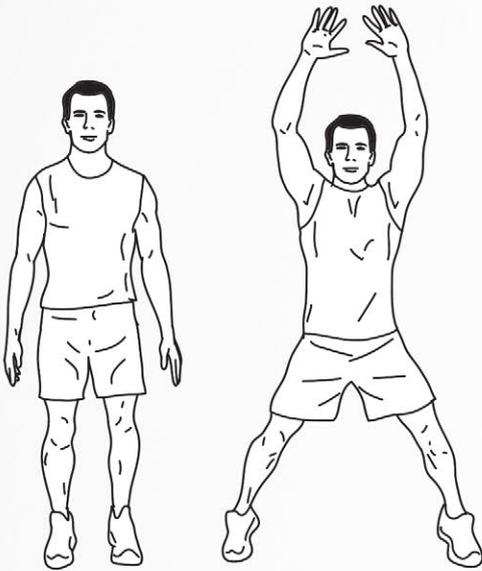
2. raised leg hip raises

3. supermen

**EXTRA** walk 2 miles [ 3 km ]

# Cardio Workout

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10 reps jumping jacks

10 reps plank jacks

20 reps jumping jacks

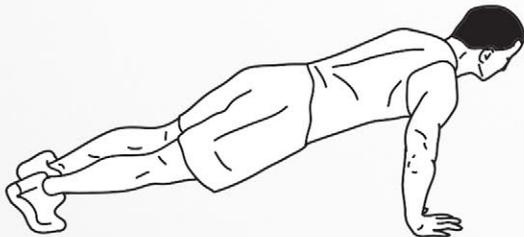
20 reps plank jacks

30 reps jumping jacks

30 reps plank jacks

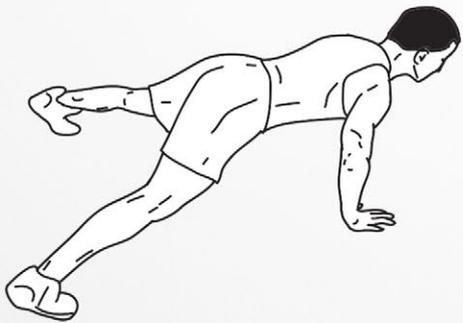
20 reps jumping jacks

20 reps plank jacks



10 reps jumping jacks

10 reps plank jacks



**LEVEL I:** 3 sets

**LEVEL II:** 5 sets

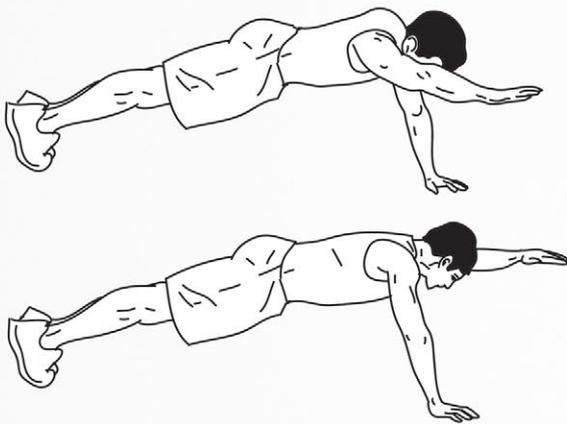
**LEVEL III:** 7 sets

rest between sets:  
up to 3 minutes

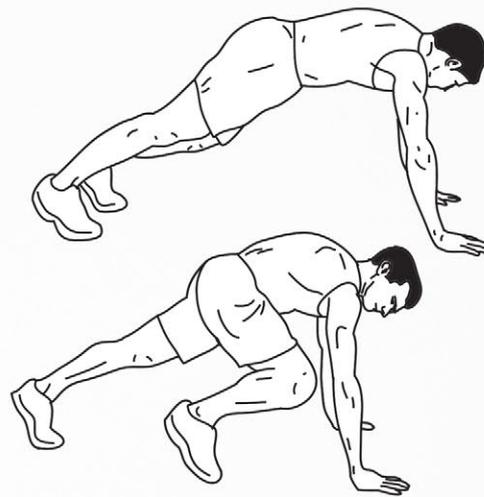
# Ab Work

reps: **Level I: 8 reps** **Level II: 10 reps** **Level III: 12 reps**

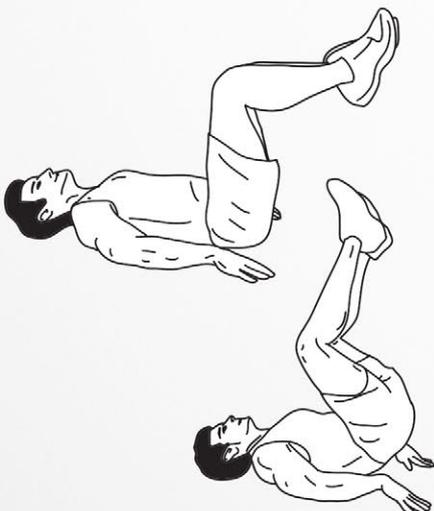
sets: **Level I: 3 sets** **Level II: 5 sets** **Level III: 7 sets**



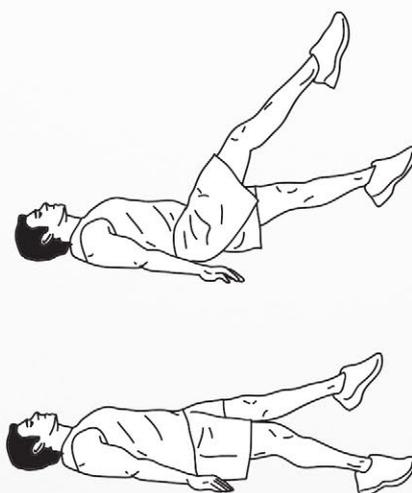
1. plank arm reaches



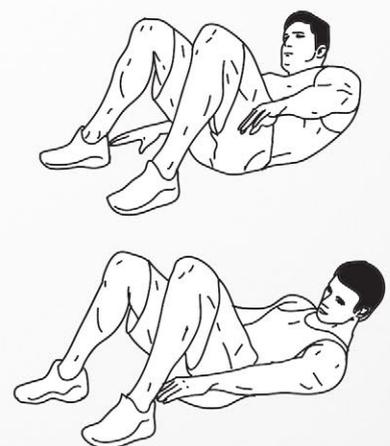
2. mountain climbers



3. reverse crunches



4. flutter kicks

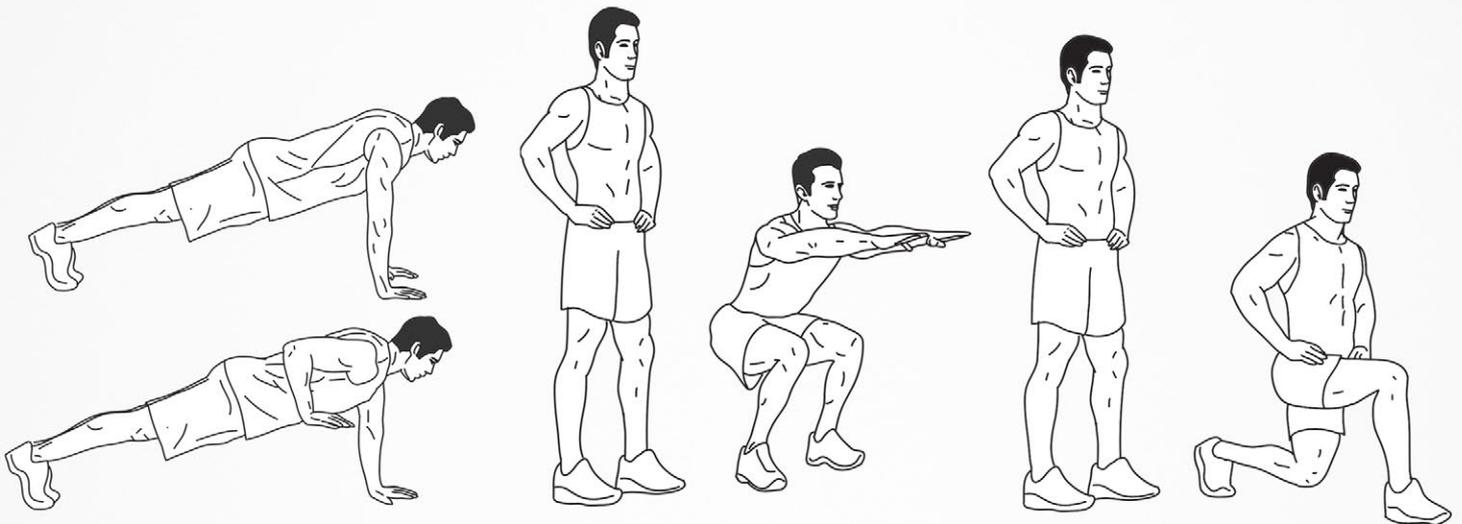


5. heel touches

**rest between sets: up to 2 minutes**

# Bodyweight Workout

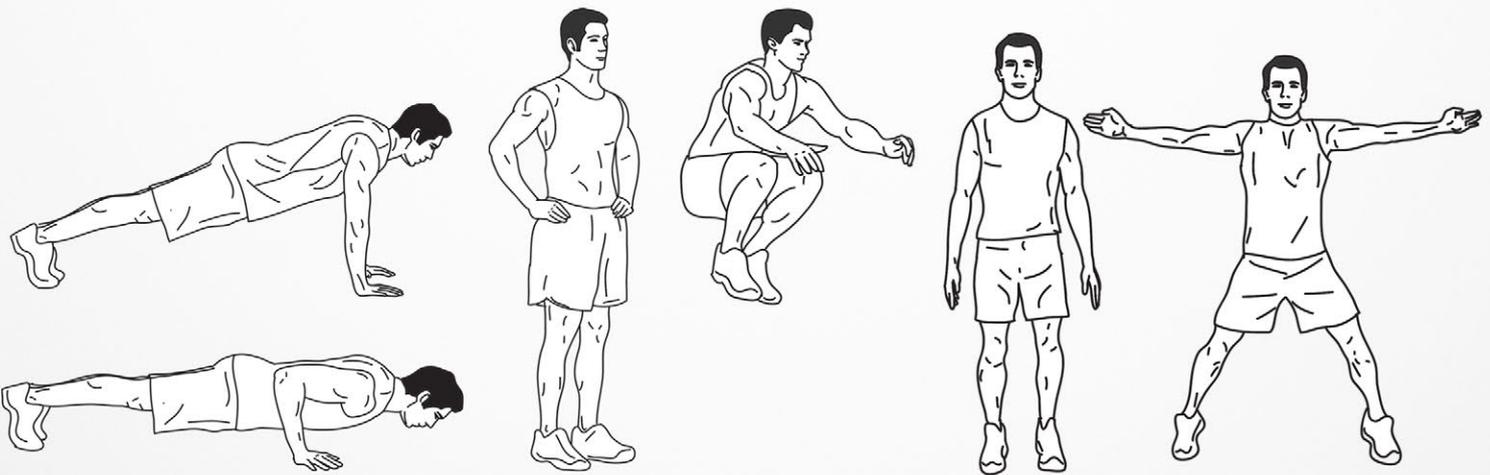
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



1) **10** renegade rows

2) **20** squats

3) **10** lunges



4) **6** push-ups

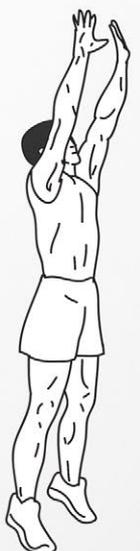
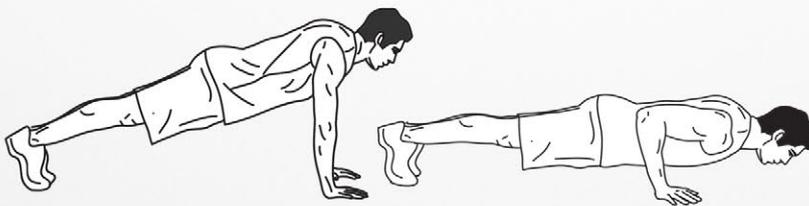
5) **4** squat jumps

6) **20** jumping Ts

**rest between sets:** up to 2 minutes

# Challenge

3 burpees	60 sec rest
2 burpees	45 sec rest
1 burpee	30 sec rest
5 burpees	60 sec rest
4 burpees	40 sec rest
3 burpees	35 sec rest
10 burpees	60 sec rest
5 burpees	30 sec rest
4 burpees	20 sec rest
10 burpees	60 sec rest
3 burpees	10 sec rest
2 burpees	

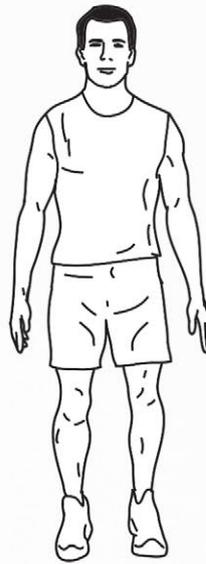


# Stretching

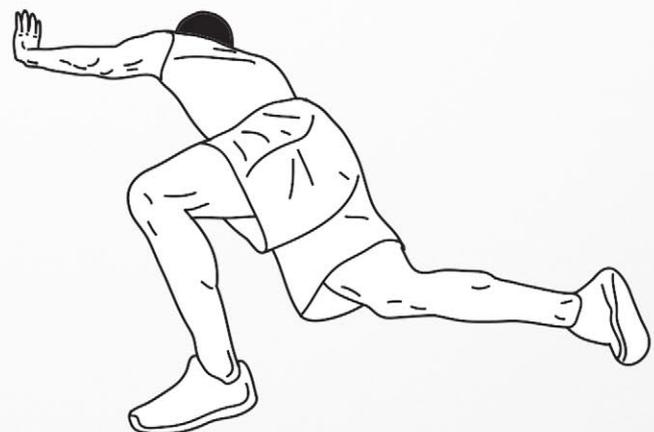
20 reps each | 3 sets | 60 second rest between sets



1. calf raises



2. leg raises



3. swipers

**EXTRA** walk 2 miles [ 3 km ]

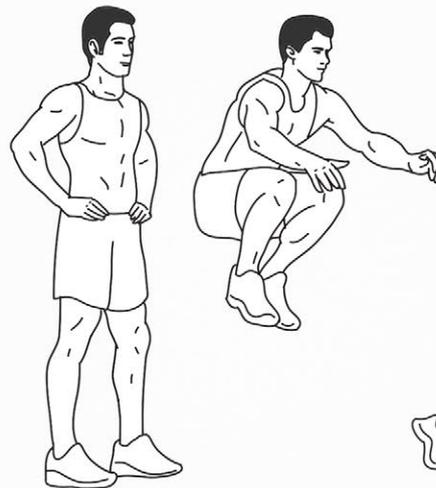
# Strength Workout

reps: **Level I: 30 sec** **Level II: 45 sec** **Level III: 60 sec**

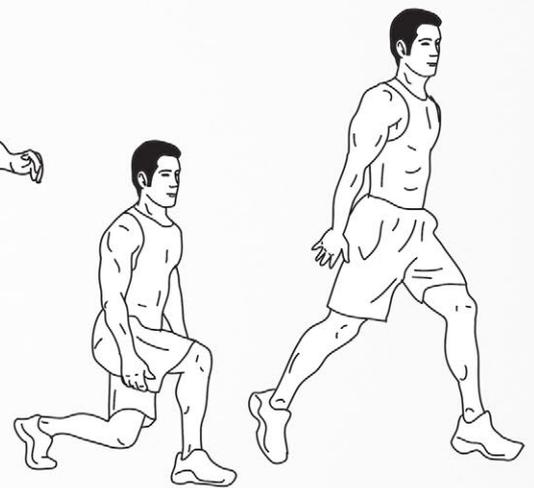
sets: **Level I: 4 sets** **Level II: 6 sets** **Level III: 8 sets**



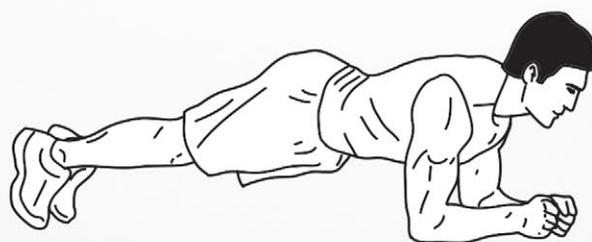
1. wall sit



2. jump squats



3. jumping lunges



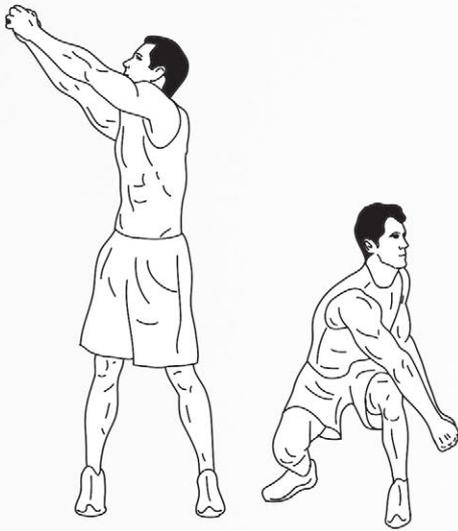
4. elbow plank

**rest between sets: up to 2 minutes**

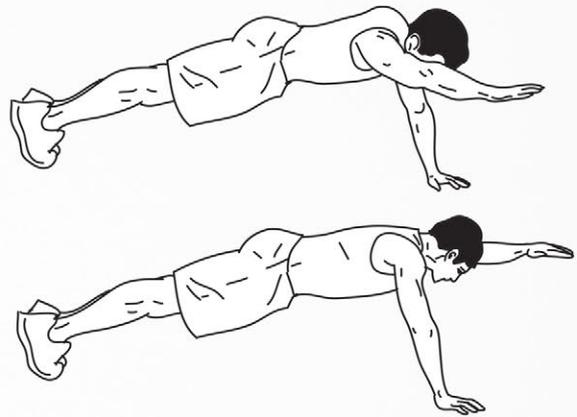
# Ab Work

reps: **Level I: 10 reps** **Level II: 14 reps** **Level III: 16 reps**

sets: **Level I: 3 sets** **Level II: 5 sets** **Level III: 7 sets**



1. wood choppers



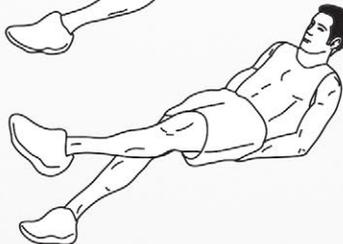
2. plank arm reaches



3. flutter kicks



4. scissors



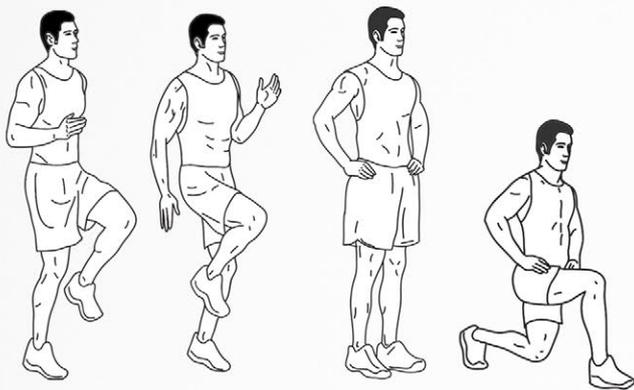
5. knee crunches



rest between sets: up to 2 minutes

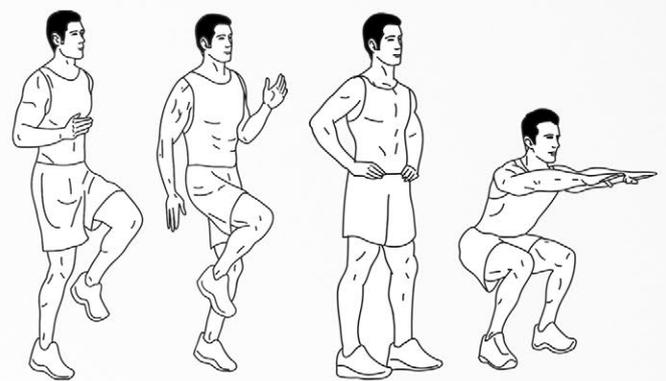
## Cardio Workout

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



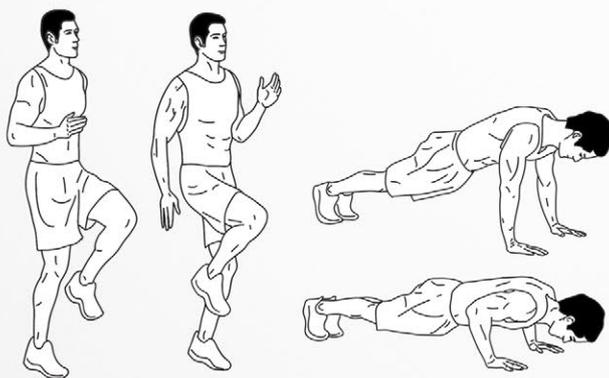
1.

30 high knees  
10 lunges



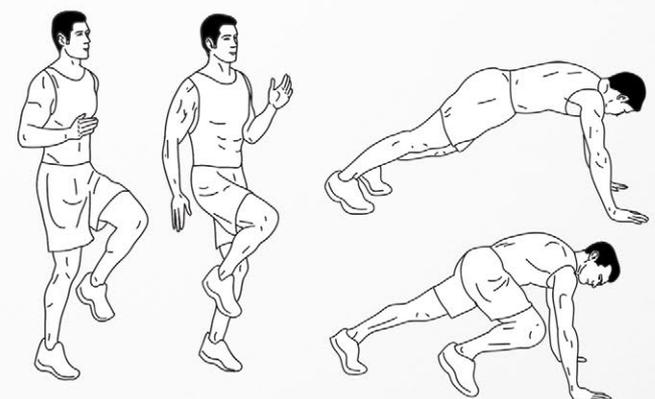
2.

30 high knees  
10 squats



3.

30 high knees  
10 push-ups



4.

30 high knees  
10 mountain climbers

rest between sets: up to 2 minutes

# Bodyweight Workout

10 reps each

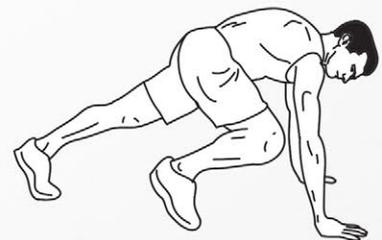
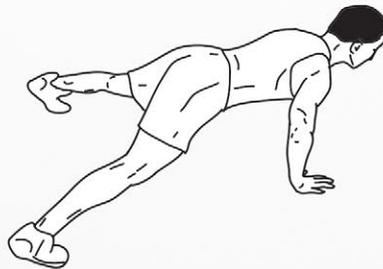
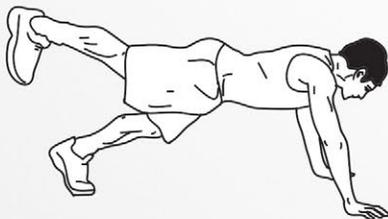
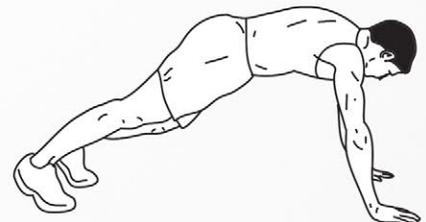
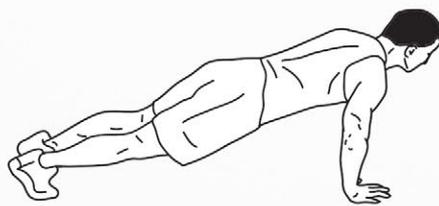
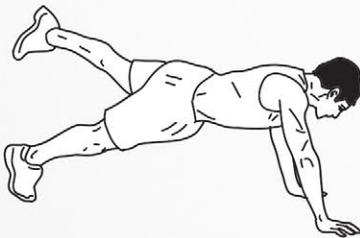
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



1. squats



2. forward lunges



3. plank leg raises

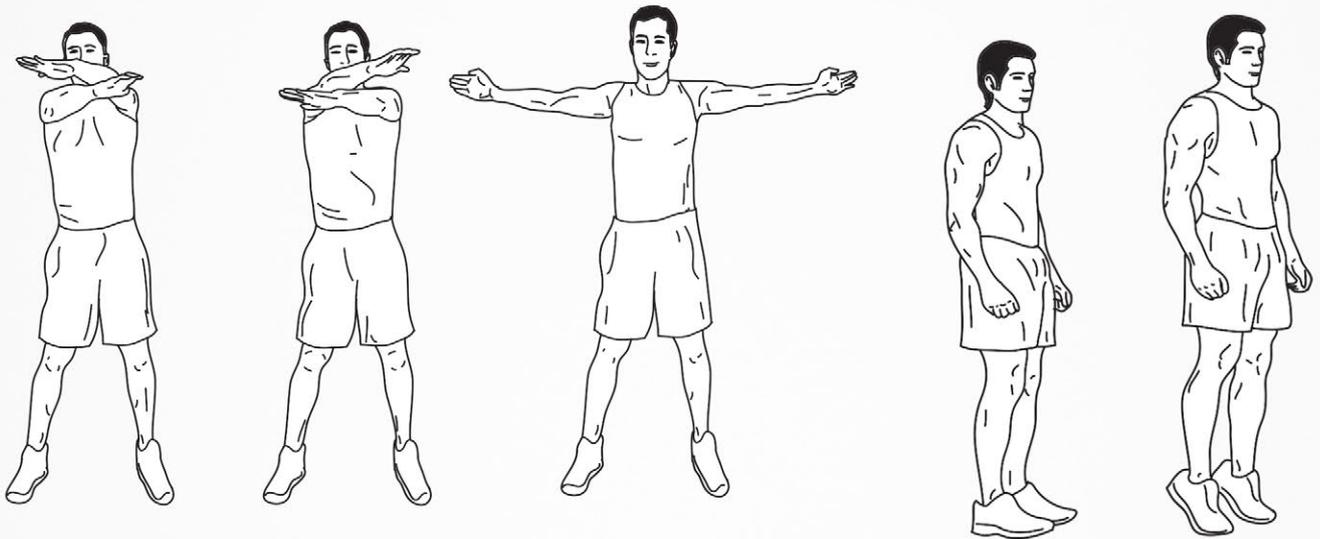
4. plank jacks

5. mountain climbers

rest between sets: up to 2 minutes

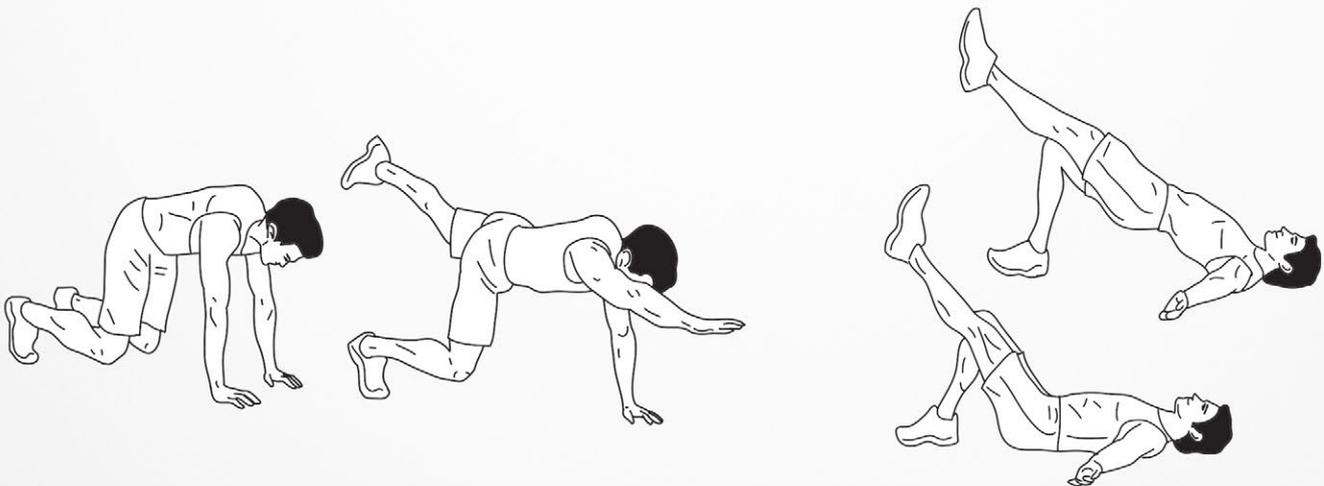
# Stretching

20 reps each | 3 sets | 60 second rest between sets



1. criss-cross chest expansions

2. calf raises



3. leg/arm reaches

4. hip raises

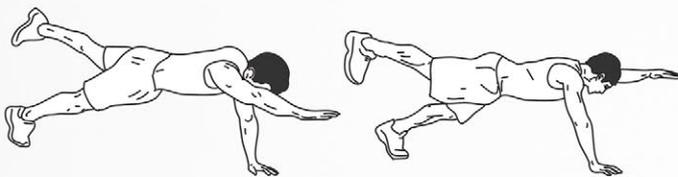
**EXTRA** walk 2 miles [ 3 km ]

# Endurance Workout

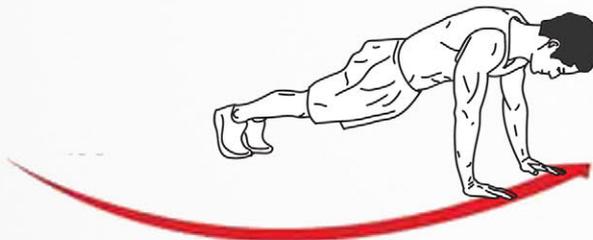
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



**Move 1:** hold plank – 45 seconds



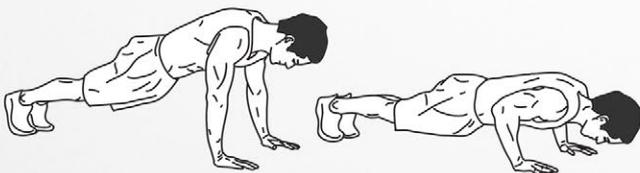
**Move 2:** 10 reps alt arm/leg planks



**Move 3:** 10 reps 90 ° moving plank



**Move 4:** 30 mountain climbers



**Move 5:** 10 push-ups

**rest between sets:** up to 2 minutes

## Ab Work

reps: **Level I: 6 reps** **Level II: 8 reps** **Level III: 10 reps**

sets: **Level I: 3 sets** **Level II: 5 sets** **Level III: 7 sets**



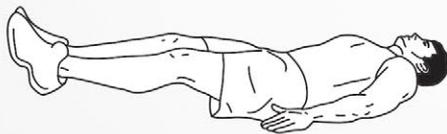
1. flutter kicks



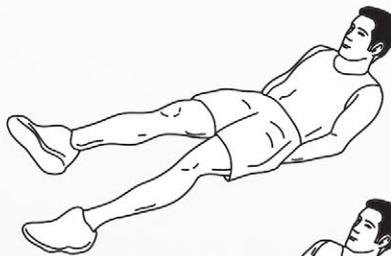
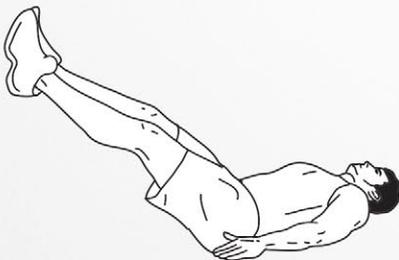
2. knee crunches



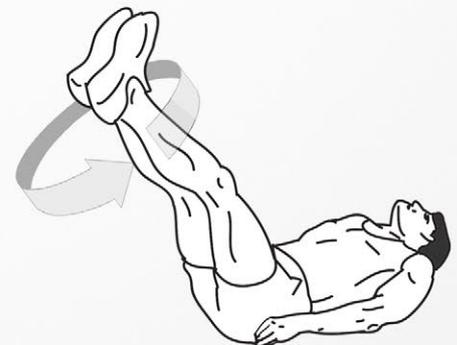
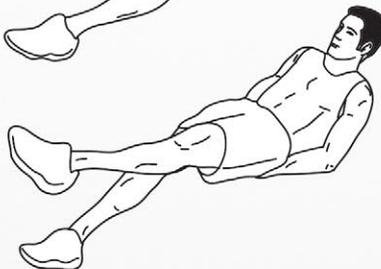
3. Russian twists



4. leg raises



5. scissors

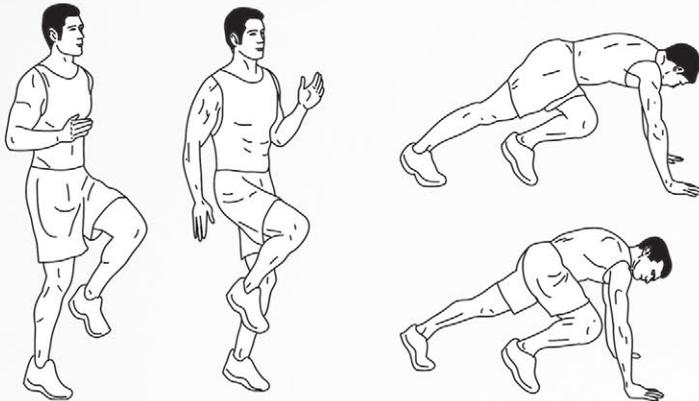


6. raised leg circles

**rest between sets: up to 2 minutes**

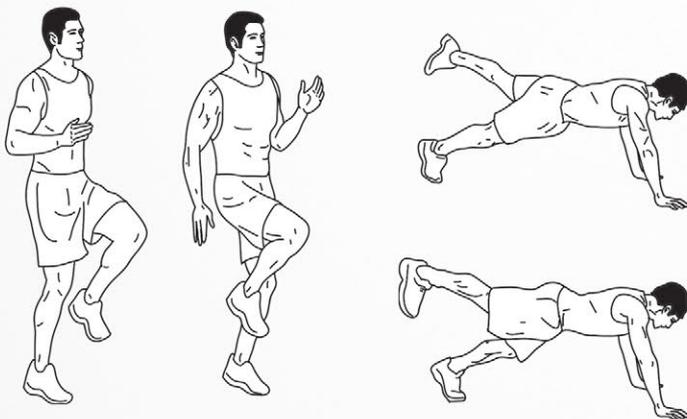
## Cardio Workout

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



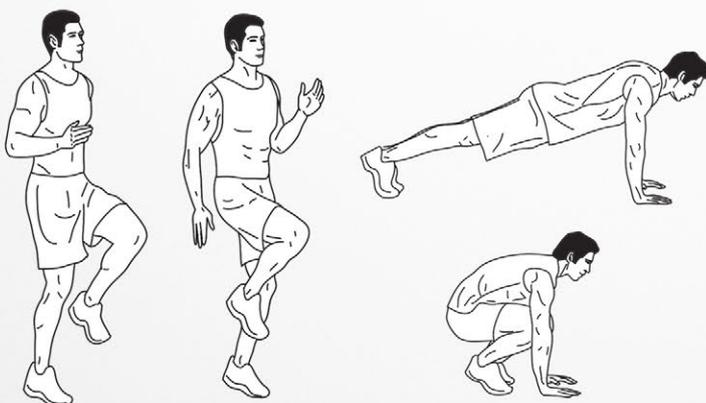
1.

**20** high knees  
**20** mountain climbers



2.

**20** high knees  
**20** plank leg raises



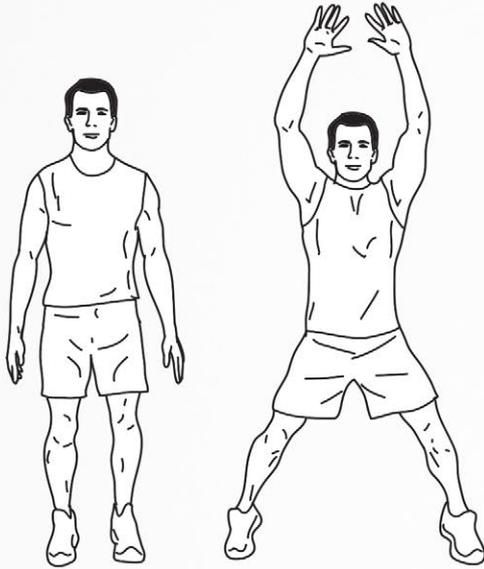
3.

**20** high knees  
**20** plank jump-ins

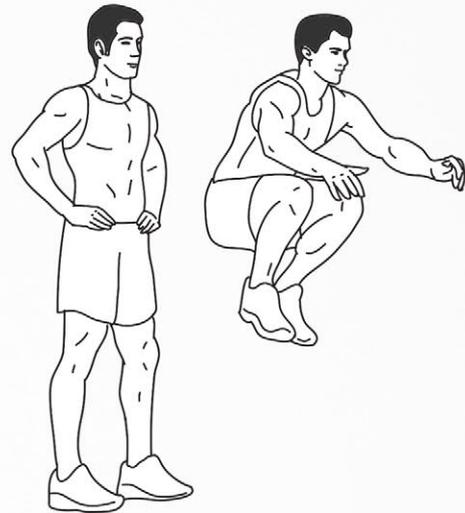
**rest between sets:** up to 2 minutes

# Bodyweight Workout

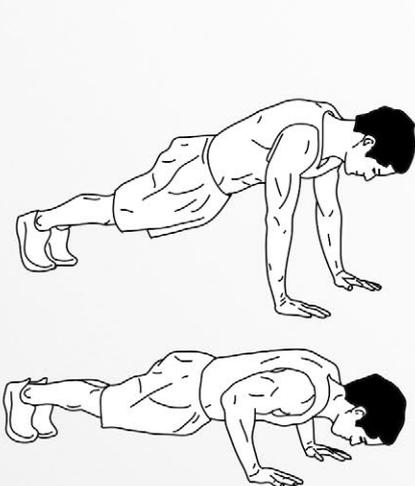
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



1) **30** jumping jacks



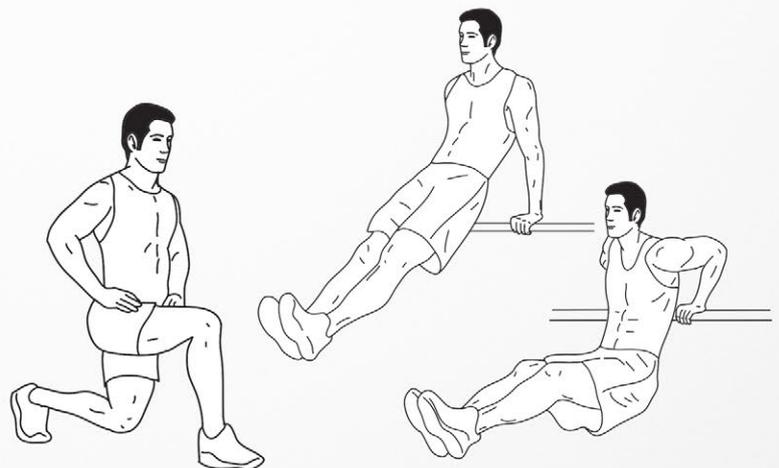
2) **10** jump squats



3) **10** push-ups



4) **20** forward lunges

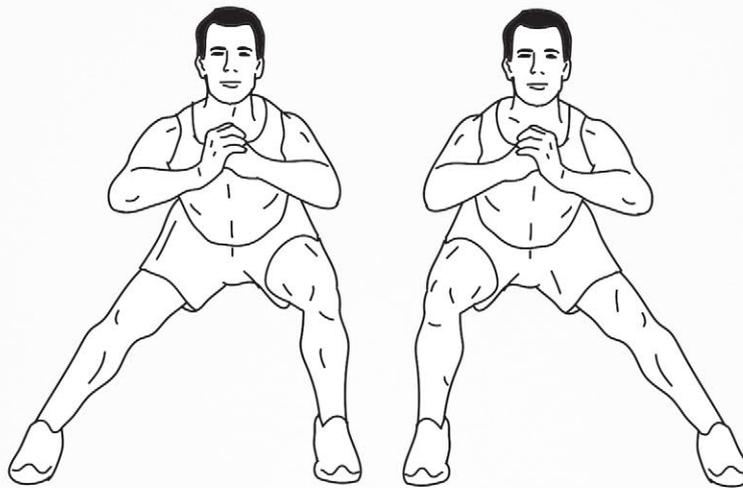


5) **10** tricep dips

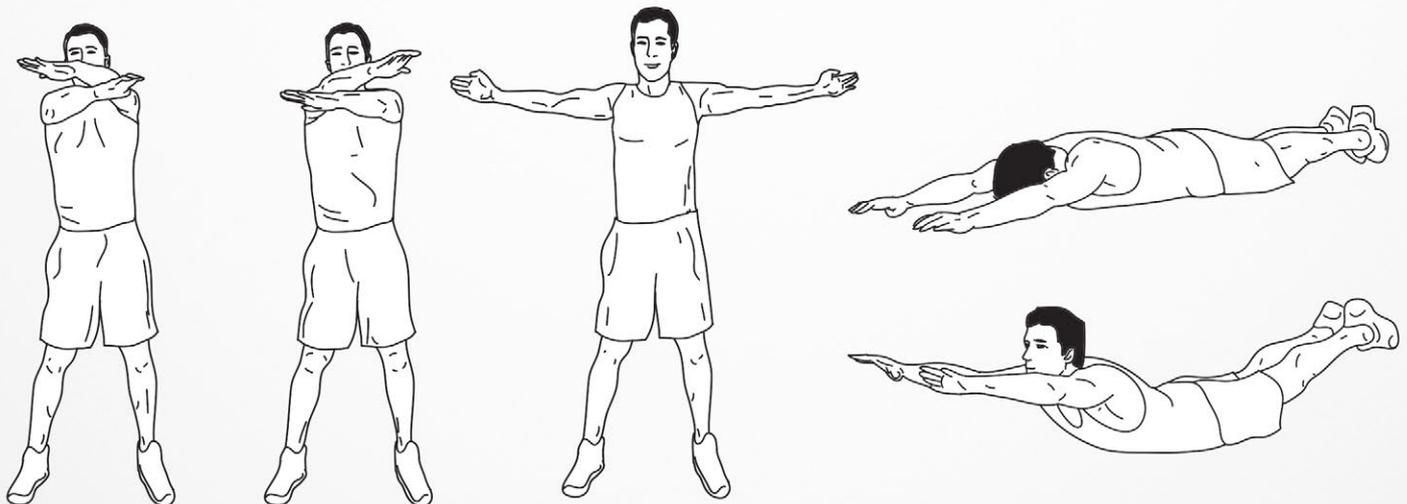
rest between sets: up to 2 minutes

# Stretching

20 reps each | 3 sets | 40 seconds rest between sets



1. side-to-side lunges



2. criss-cross chest expansions

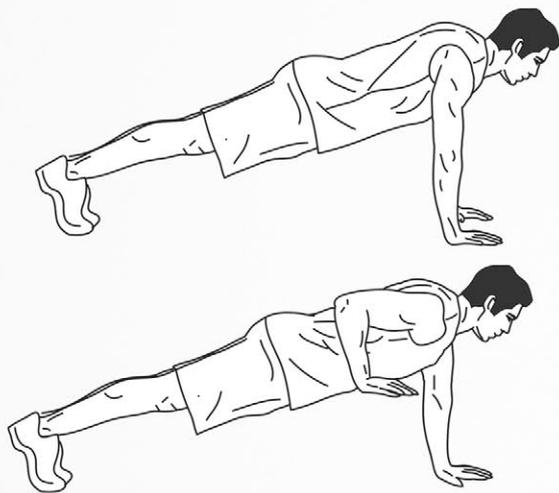
3. supermen

**EXTRA** walk 2 miles [ 3 km ]

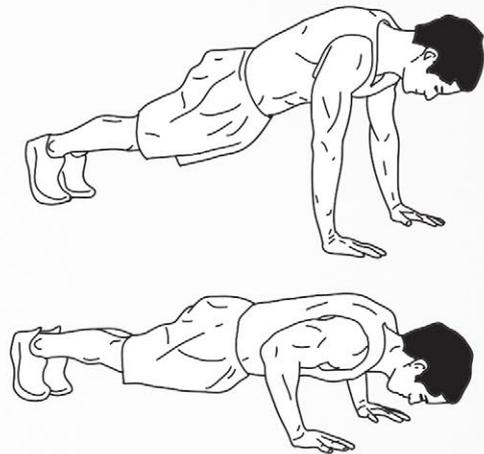
# Strength Workout

reps: **Level I: 8 reps** **Level II: 10 reps** **Level III: 20 reps**

sets: **Level I: 4 sets** **Level II: 6 sets** **Level III: 8 sets**



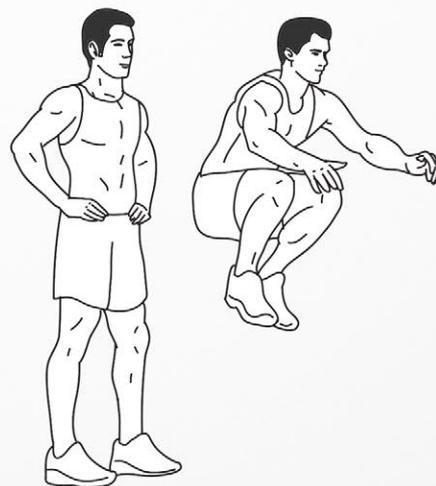
1. renegade rows



2. push-ups



3. planks with rotations



4. jump squats

rest between sets: up to 2 minutes

# Ab Work

reps: **Level I:** 6 reps **Level II:** 8 reps **Level III:** 10 reps

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



1. flutter kicks



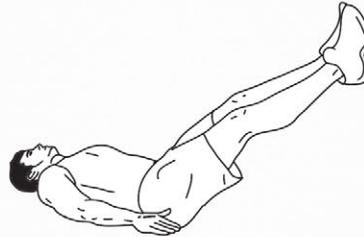
2. leg raises



3. sprinters



4. knee crunches



5. heel touches

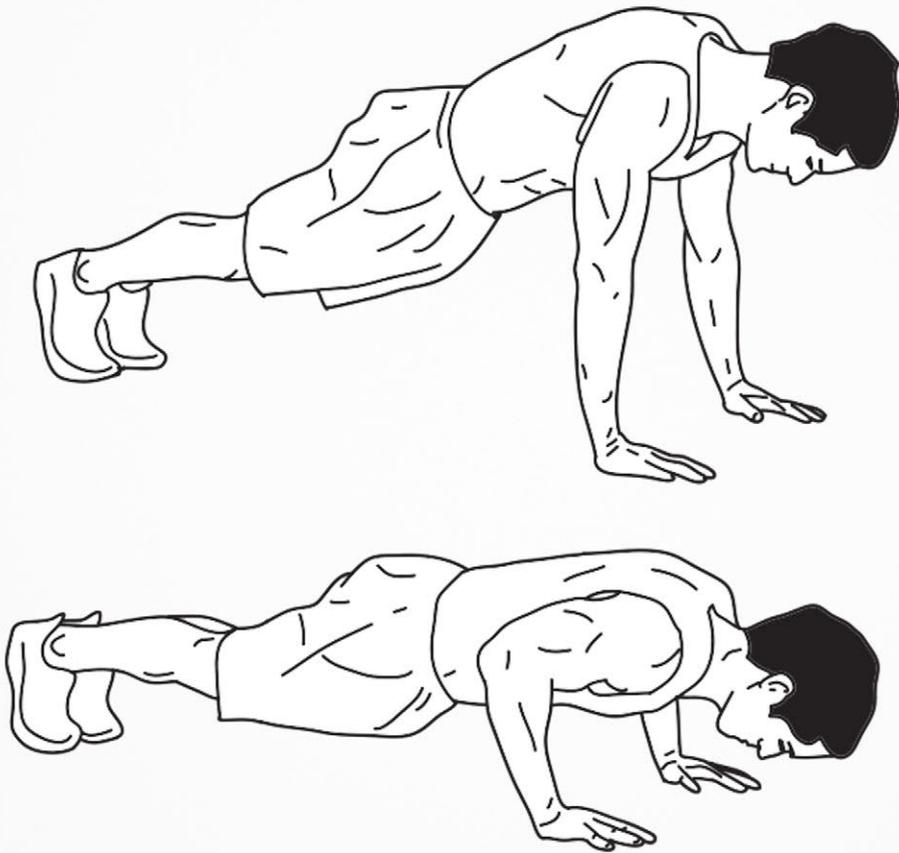


6. reverse crunches

rest between sets: up to 2 minutes

# Challenge

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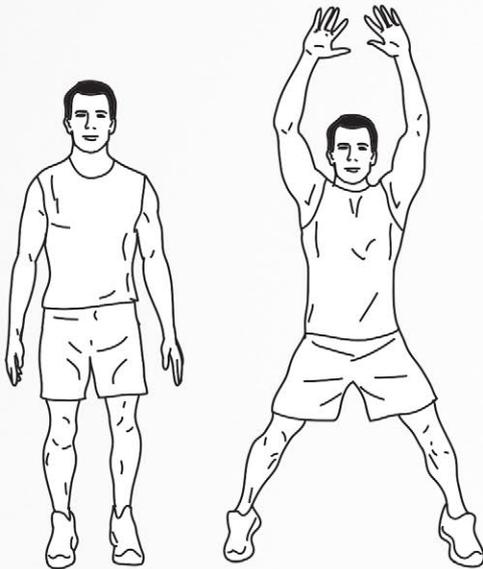


# 60 push-ups

[ throughout the day ]

# Cardio Workout

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10 reps jumping jacks

10 reps high knees

20 reps jumping jacks

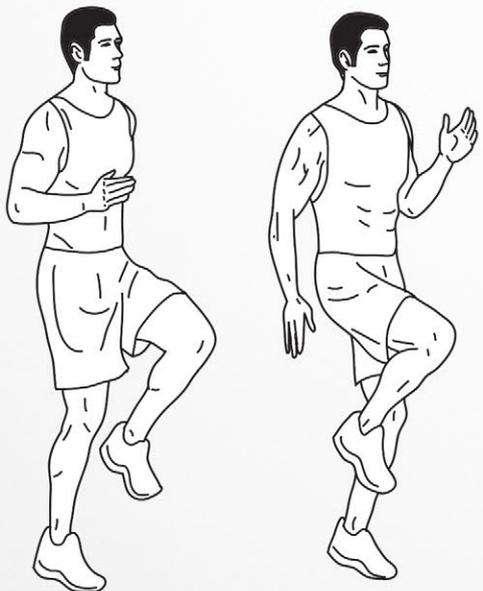
20 reps high knees

30 reps jumping jacks

30 reps high knees

20 reps jumping jacks

20 reps high knees



10 reps jumping jacks

10 reps high knees

**LEVEL I:** 3 sets

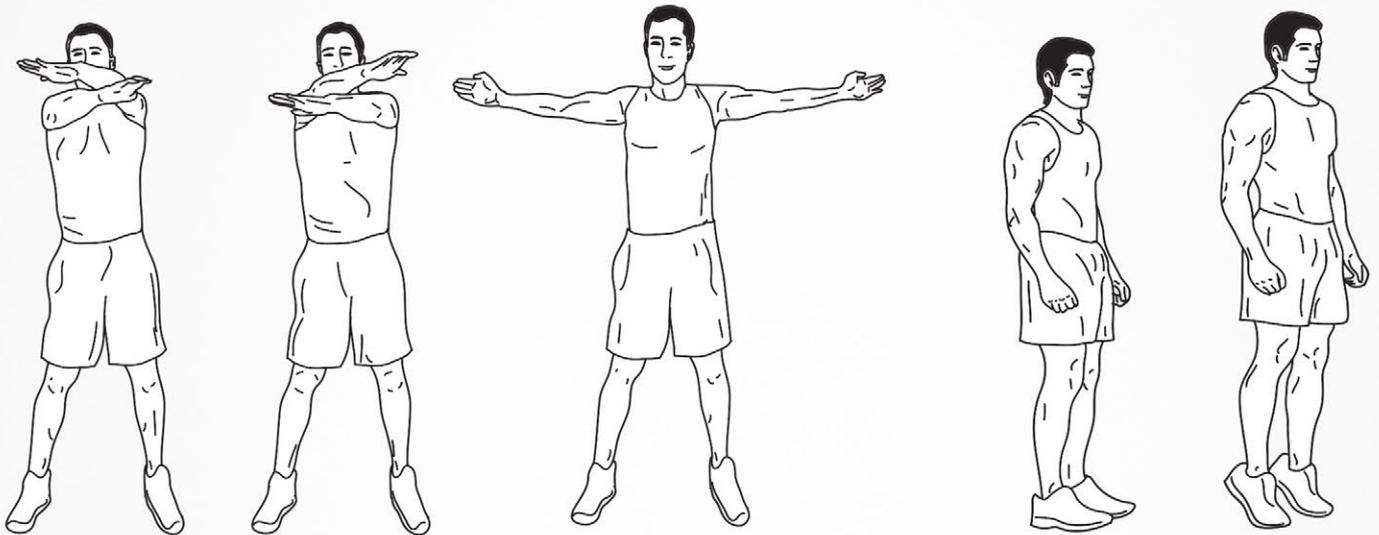
**LEVEL II:** 5 sets

**LEVEL III:** 7 sets

rest between sets:  
2 minute rest

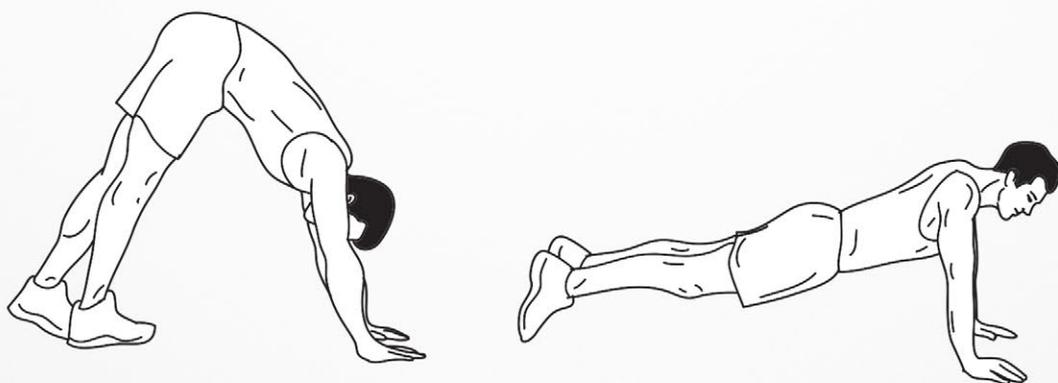
# Stretching

20 reps each | 3 sets | 60 second rest between sets



1. criss-cross chest expansions

2. calf raises



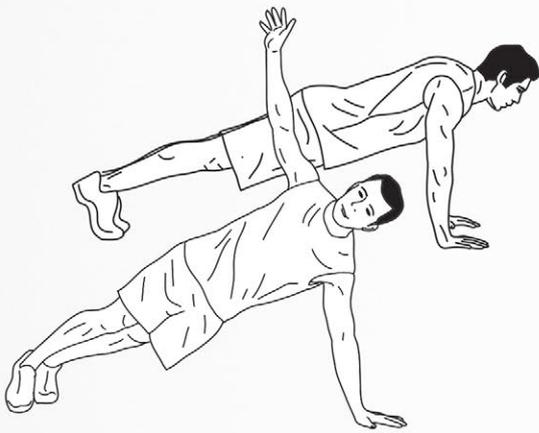
3. inch worms

**EXTRA** walk 2 miles [ 3 km ]

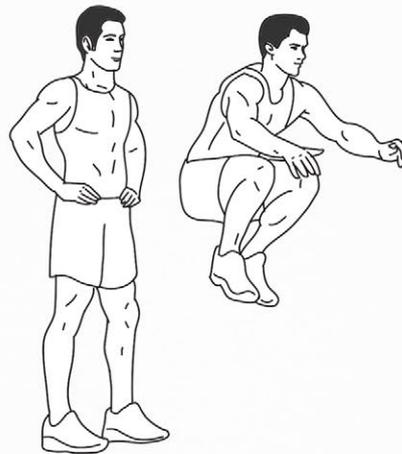
# Strength Workout

reps: **Level I: 8 reps** **Level II: 10 reps** **Level III: 14 reps**

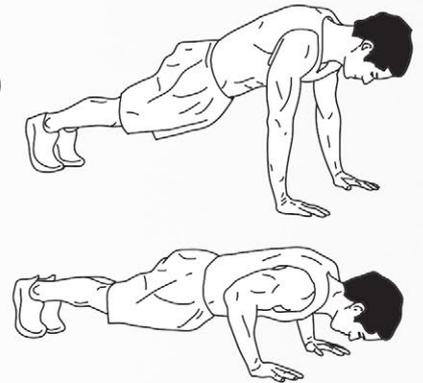
sets: **Level I: 3 sets** **Level II: 5 sets** **Level III: 7 sets**



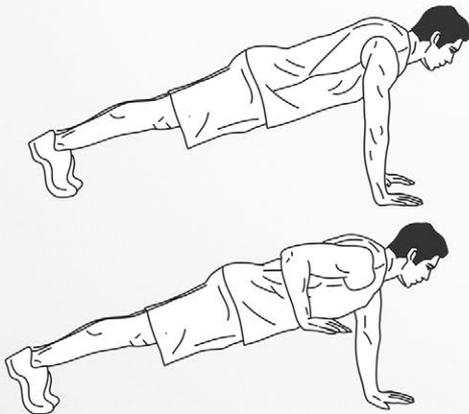
1. plank with rotations



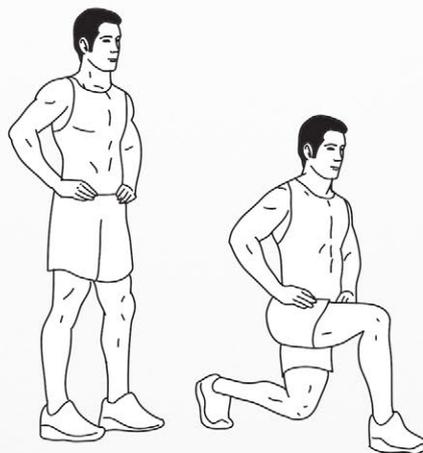
2. jump squats



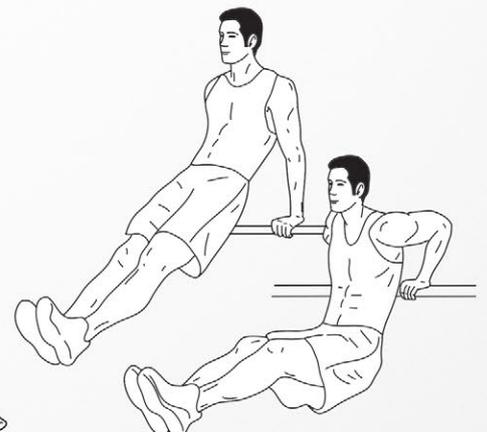
3. push-ups



4. renegade rows



5. forward lunges



6. tricep dips

rest between sets: up to 2 minutes

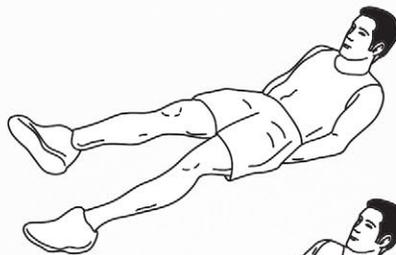
# Ab Work

reps: **Level I:** 10 reps **Level II:** 16 reps **Level III:** 20 reps

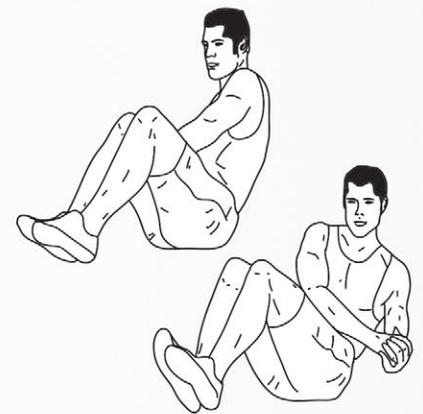
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



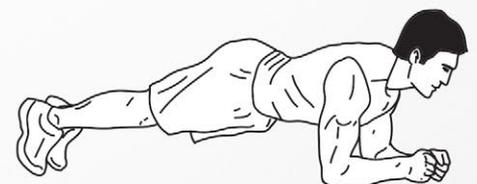
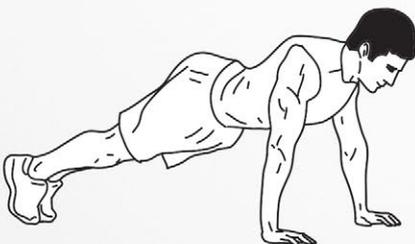
1. flutter kicks



2. scissors



3. Russian twists

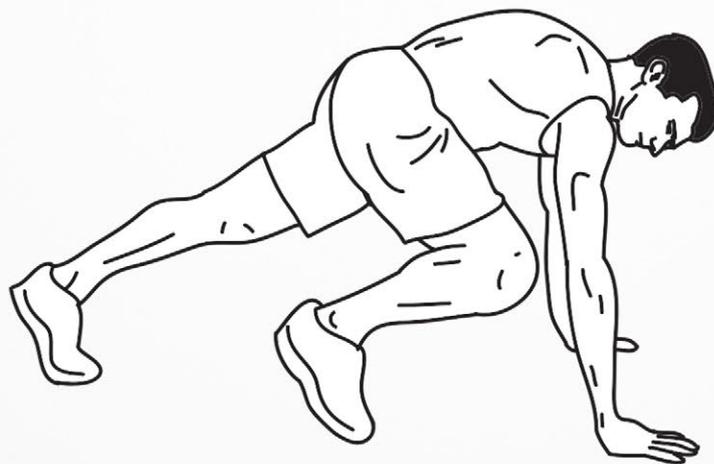
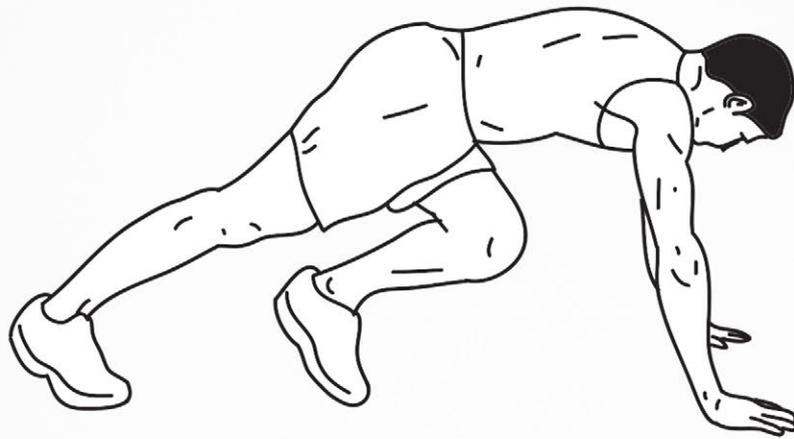


4. moving plank

rest between sets: up to 2 minutes

# Challenge

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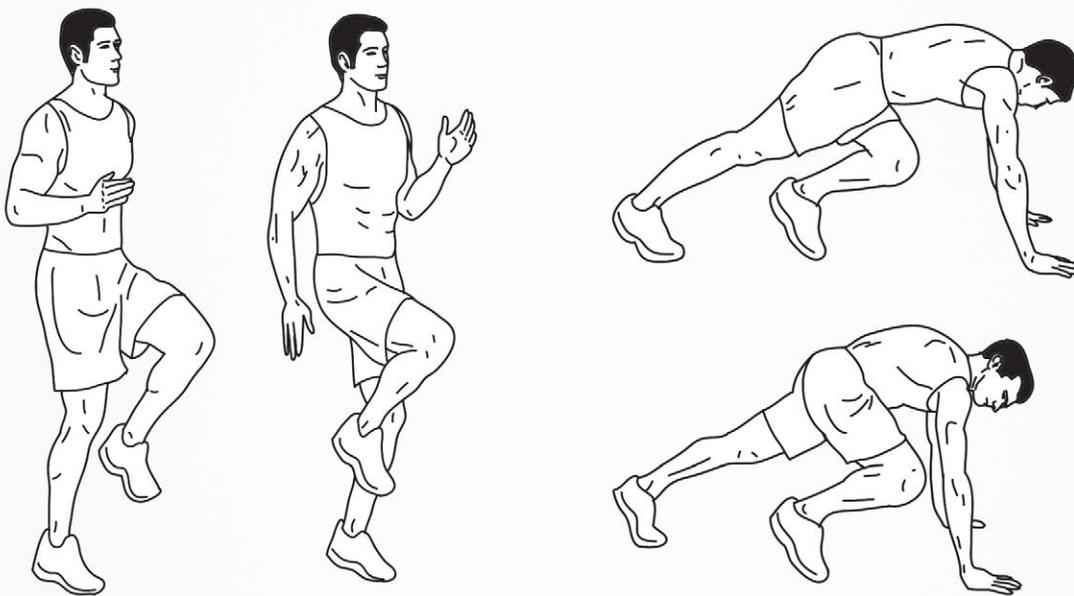


**200 mountain climbers**  
[ throughout the day ]

## Cardio Workout

---

sets: **Level I:** 3 rounds **Level II:** 5 rounds **Level III:** 7 rounds  
up to 5 minutes rest between rounds



**round 1:** 10 high knees, 10 mountain climbers - 30 second rest

**round 2:** 20 high knees, 20 mountain climbers - 20 second rest

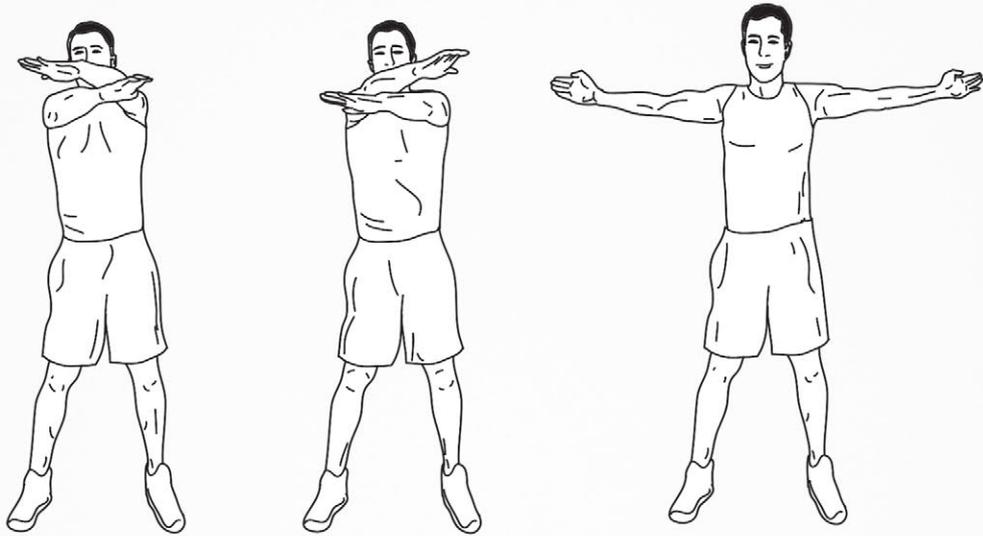
**round 3:** 30 high knees, 30 mountain climbers - 40 second rest

**round 4:** 20 high knees, 20 mountain climbers - 20 second rest

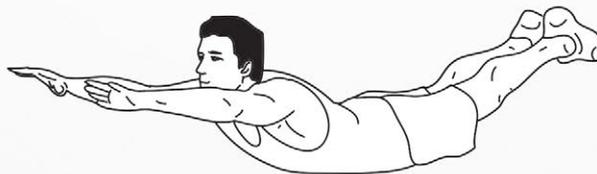
**round 5:** 10 high knees, 10 mountain climbers - 30 second rest

# Stretching

20 reps each | 4 sets | 60 seconds rest between sets



1. criss-cross chest expansions



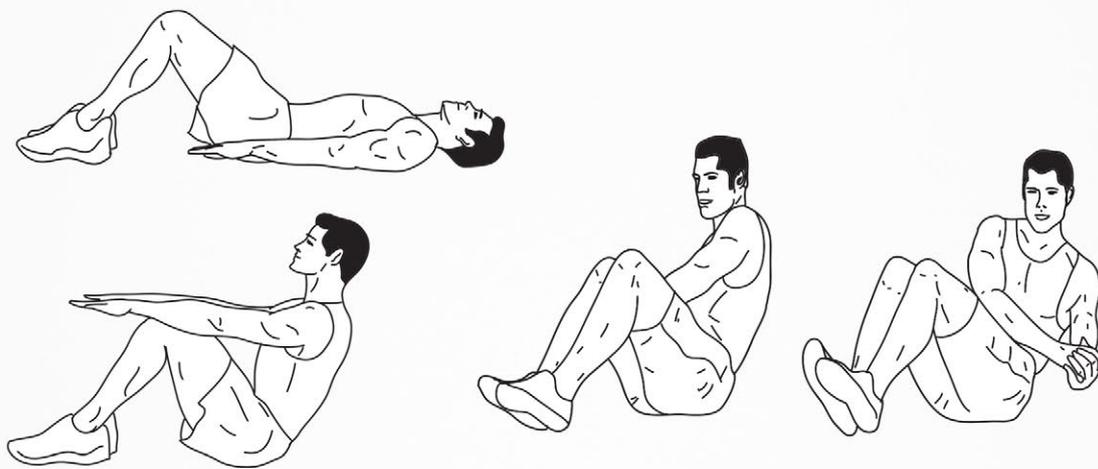
2. supermen

**EXTRA** walk 2 miles [ 3 km ]

# Ab Work

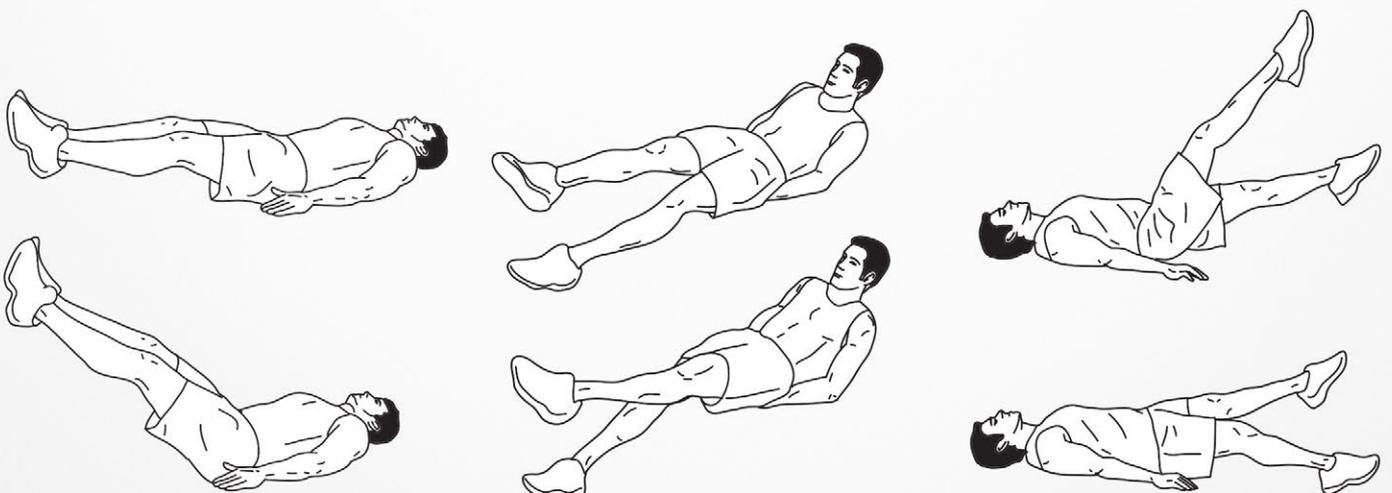
reps: **Level I:** 6 reps **Level II:** 8 reps **Level III:** 10 reps

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



1. sit-ups

2. Russian twists



3. leg raises

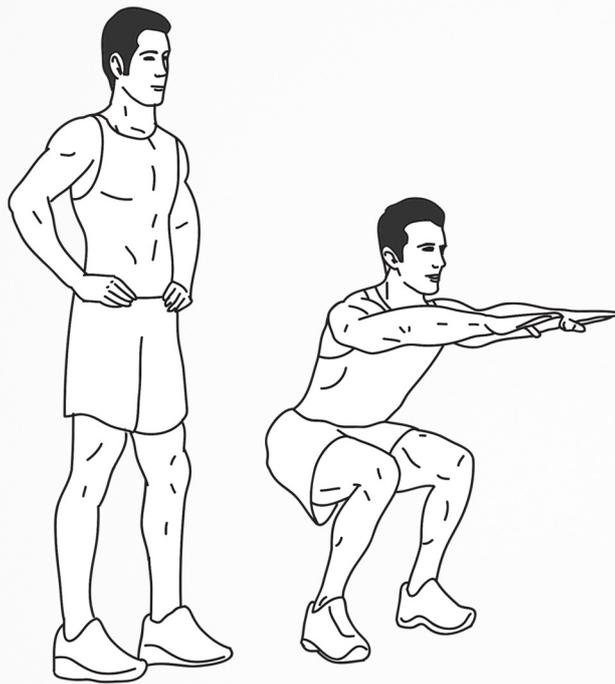
4. scissors

5. flutter kicks

**rest between sets:** up to 2 minutes

# Strength Workout

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



5 squats

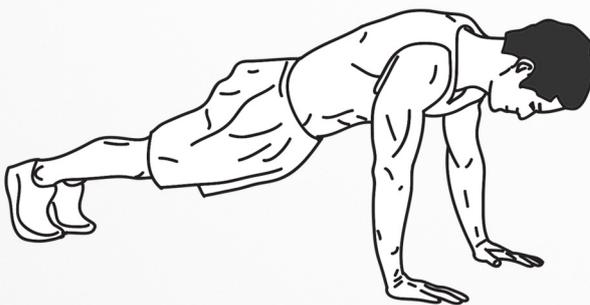
5 push-ups

10 squats

5 push-ups

15 squats

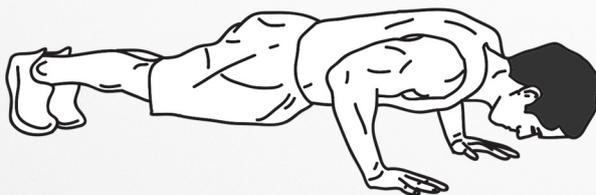
5 push-ups



20 squats

5 push-ups

15 squats



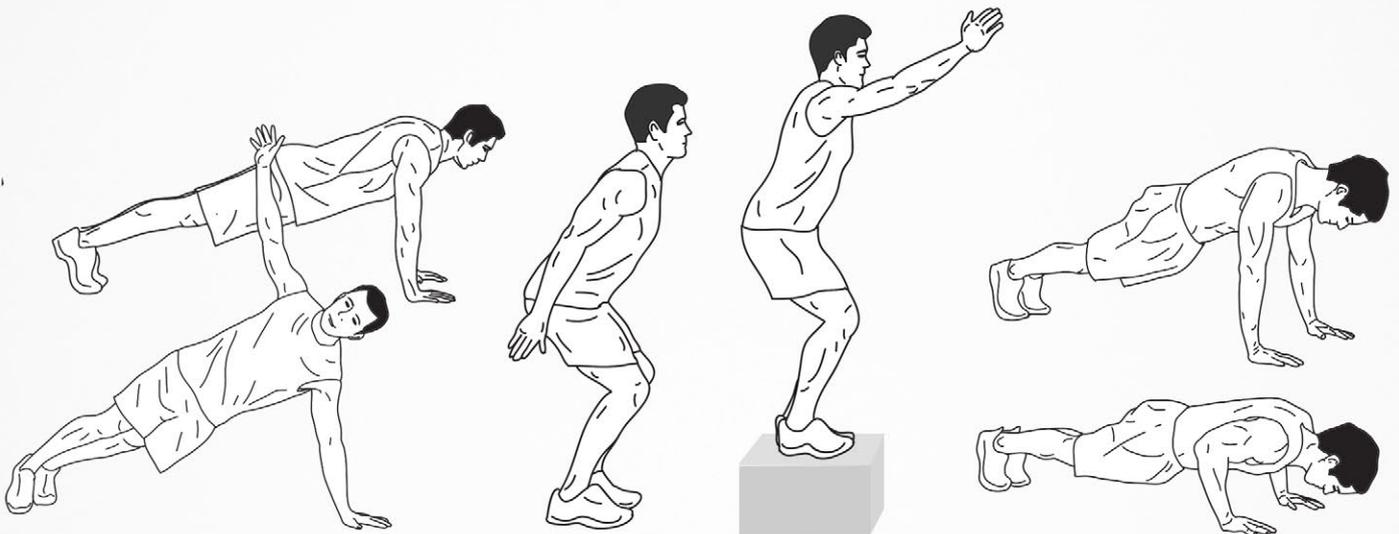
5 push-ups

10 squats

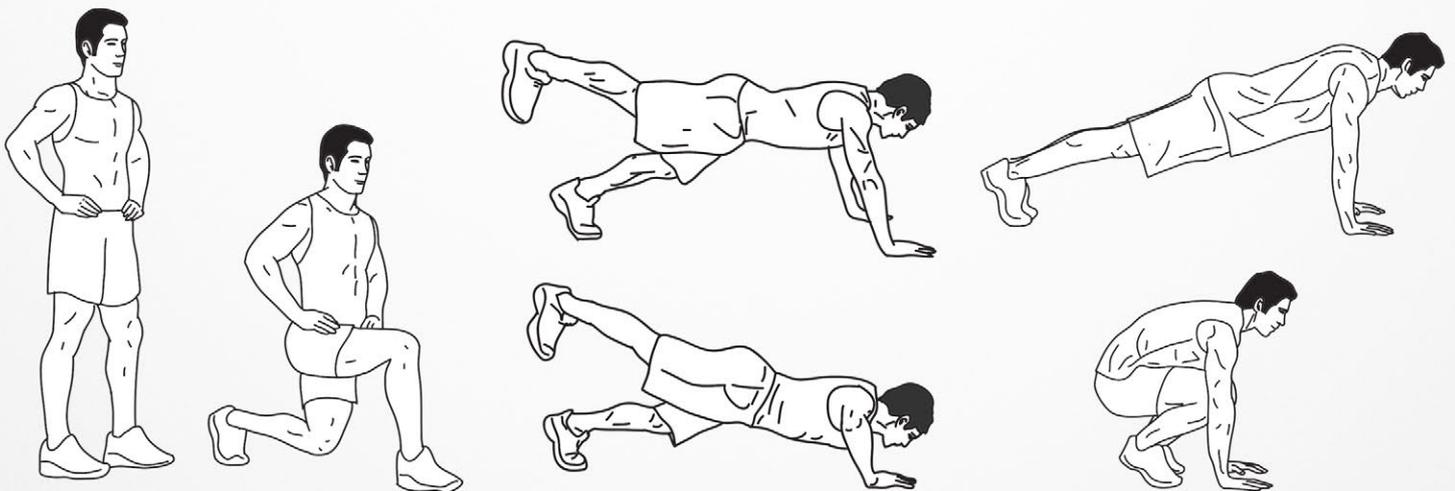
rest between sets: up to 2 minutes

# Strength Workout

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



- 1) **6** planks w/rotations    2) **10** box jumps    3) **6** push-ups

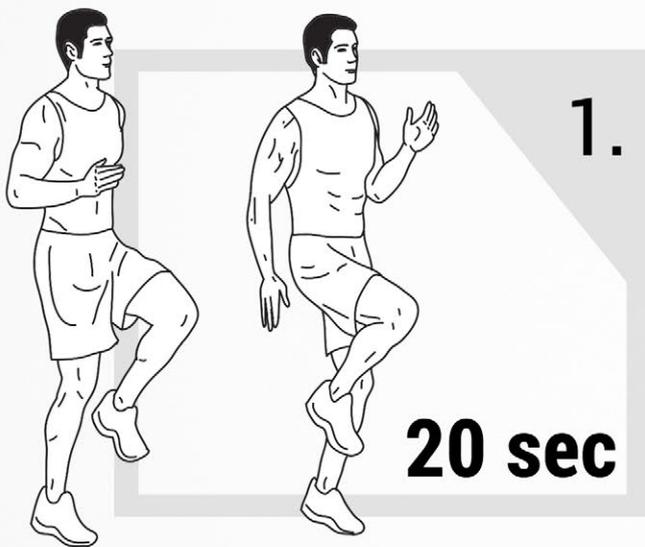


- 4) **10** lunges    5) **6** raised leg push-ups    6) **10** plank jump-ins

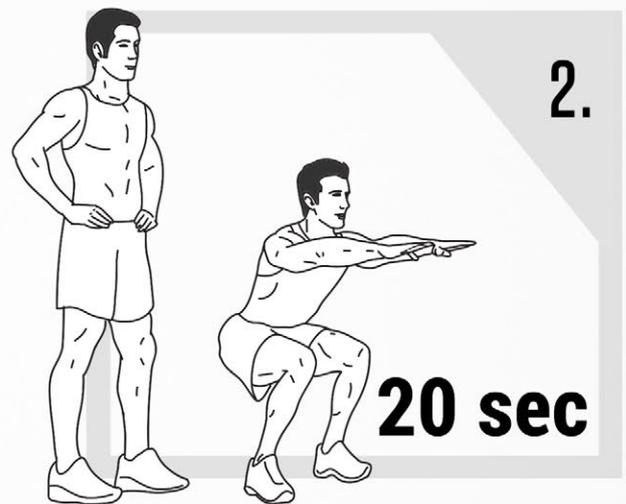
**rest between sets:** up to 2 minutes

# Cardio Workout

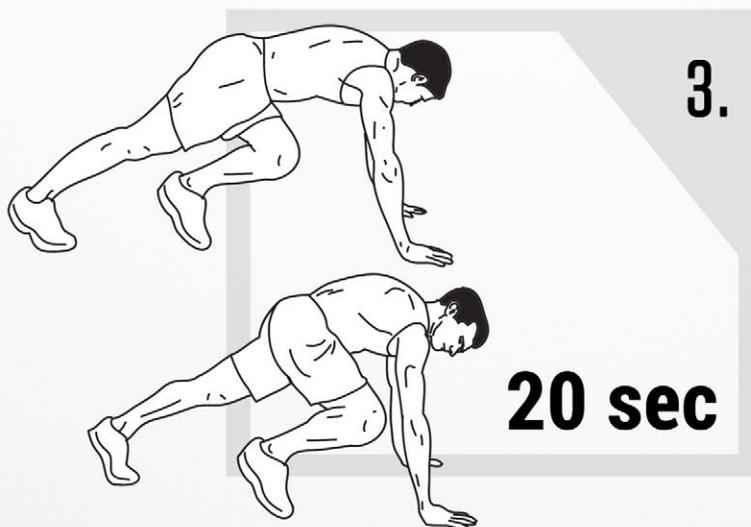
**Level I** 5 rounds **Level II** 10 rounds **Level III** 15 rounds  
1 minute rest between rounds



high knees



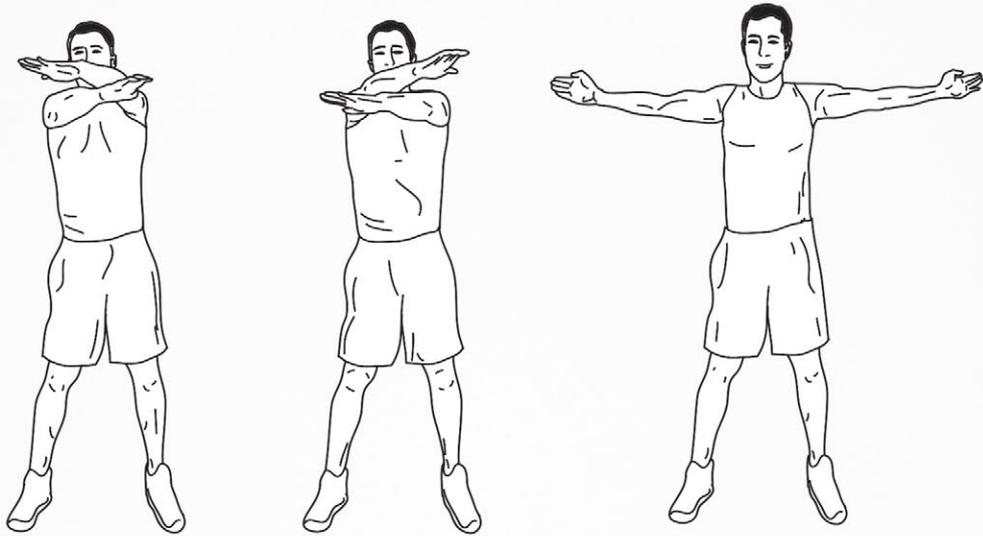
squats



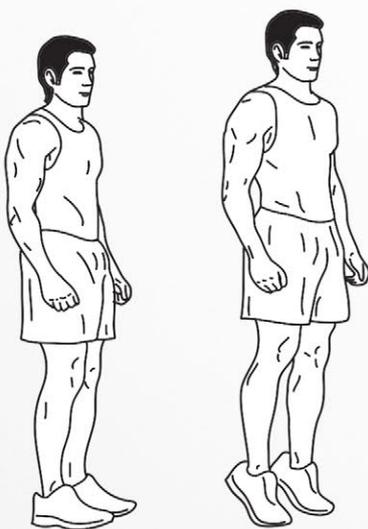
mountain climbers

# Stretching

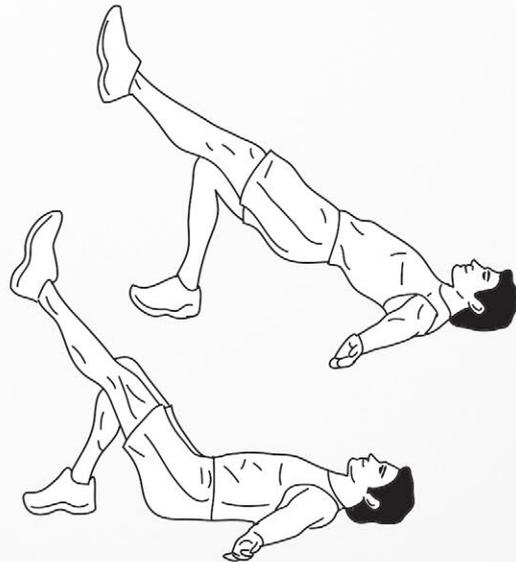
20 reps each | 3 sets | 60 seconds rest between sets



1. criss-cross chest expansions



2. calf raises



3. hip raises

**EXTRA** walk 2 miles [ 3 km ]

# Ab Work

reps: **Level I: 10 reps** **Level II: 16 reps** **Level III: 20 reps**

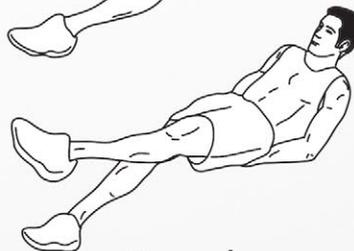
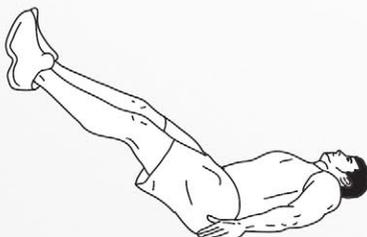
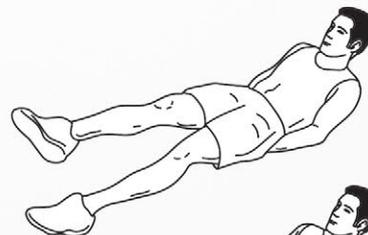
sets: **Level I: 3 sets** **Level II: 5 sets** **Level III: 7 sets**



1. flutter kicks

2. knee crunches

3. leg pull-ins



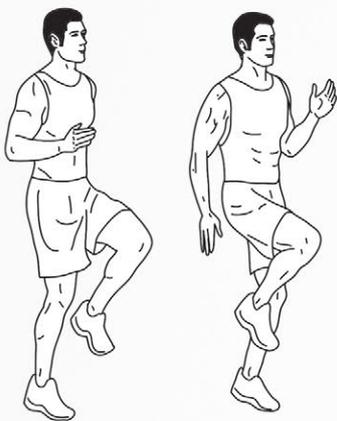
4. leg raises

5. scissors

rest between sets: up to 2 minutes

# Cardio Workout

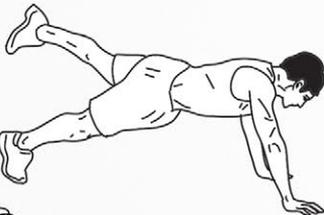
**Level I:** 3 rounds **Level II:** 5 rounds **Level III:** 7 rounds  
up to 3 minute rest in between rounds



10 reps high knees

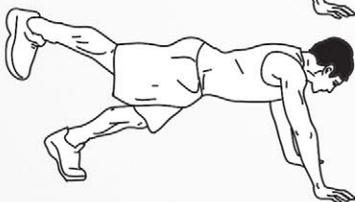
10 reps plank leg raises

10 reps mountain climbers



20 reps high knees

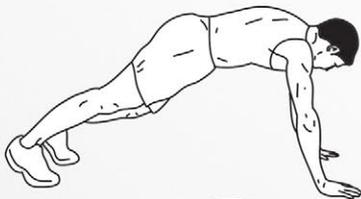
20 reps plank leg raises



20 reps mountain climbers

20 reps high knees

20 reps plank leg raises



20 reps mountain climbers

10 reps high knees

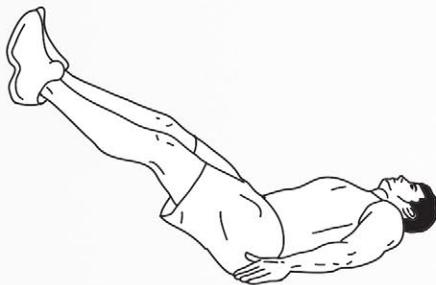
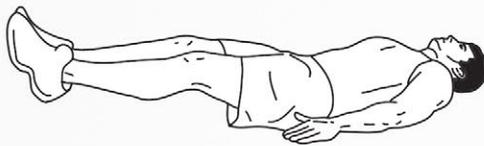


10 reps plank leg raises

10 reps mountain climbers

# Ab Work

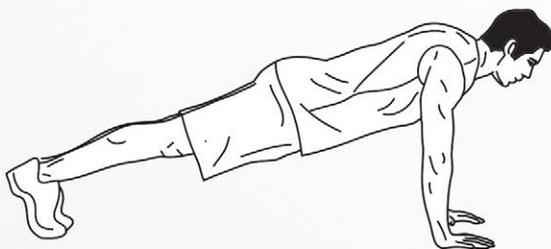
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



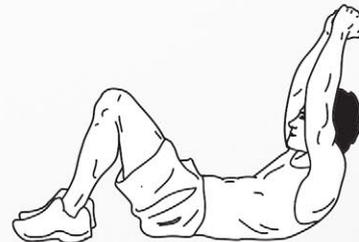
1.) 10 leg raises



2.) 20 flutter kicks



3.) 45sec plank

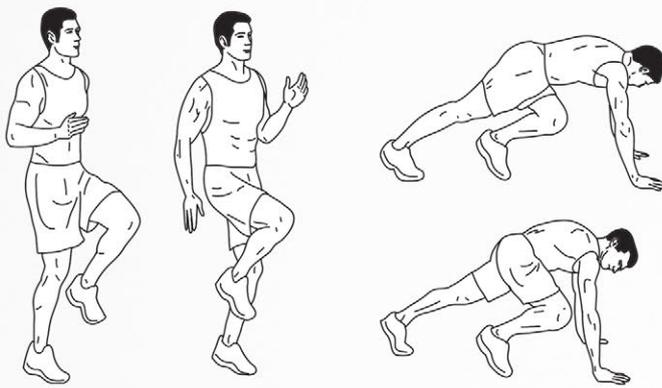


4.) 10 long arm crunches

**rest between sets:** up to 2 minutes

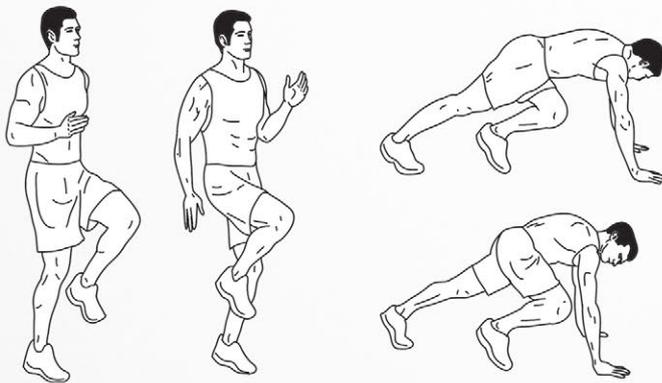
## Cardio Workout

rounds: **Level I:** 3 rounds **Level II:** 5 rounds **Level III:** 7 rounds  
up to 2 minute rest between rounds



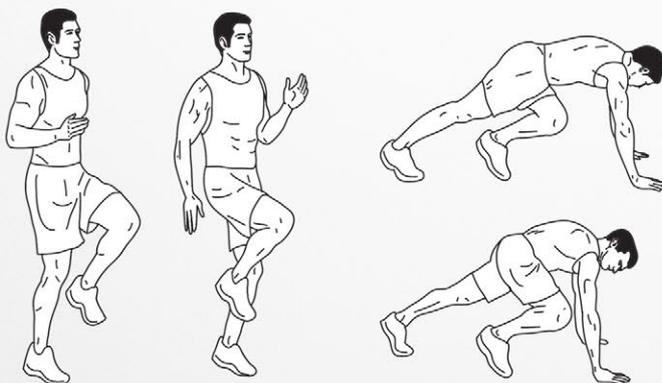
1.

**10** high knees  
**10** mountain climbers



2.

**20** high knees  
**20** mountain climbers

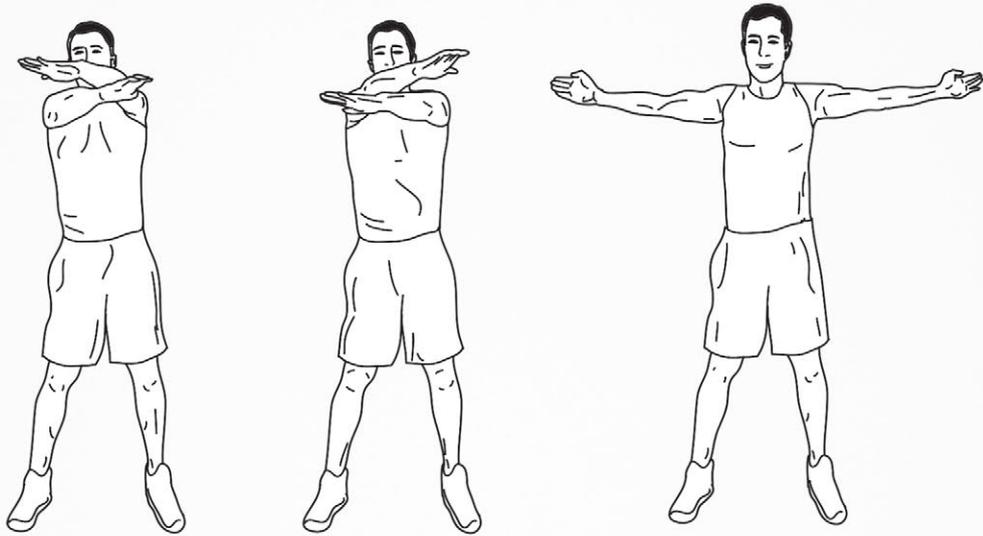


3.

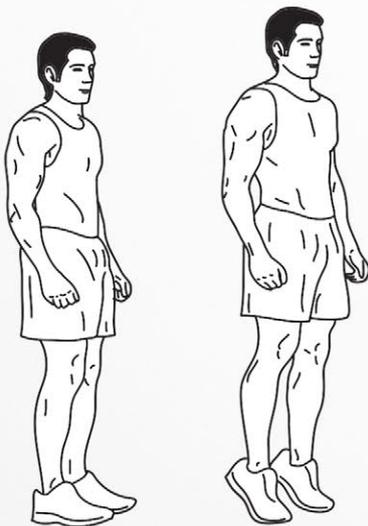
**30** high knees  
**30** mountain climbers

# Stretching

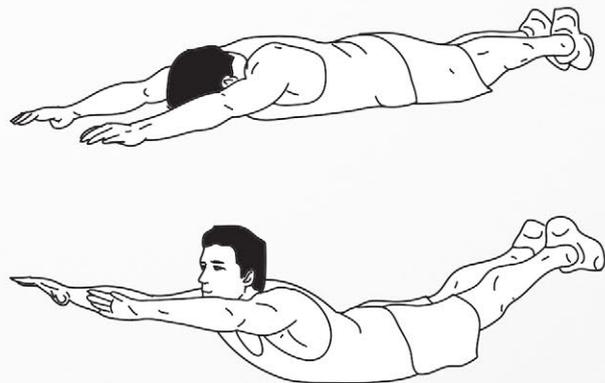
20 reps each | 3 sets | 60 seconds rest between sets



1. criss-cross chest expansions



2. calf raises



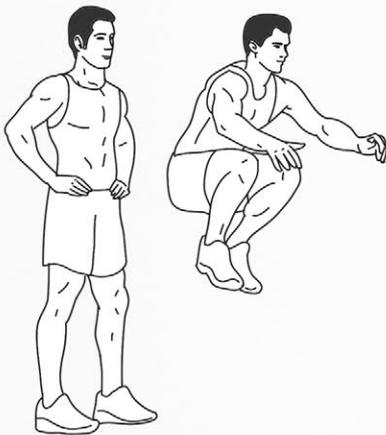
3. supermen

**EXTRA** walk 2 miles [ 3 km ]

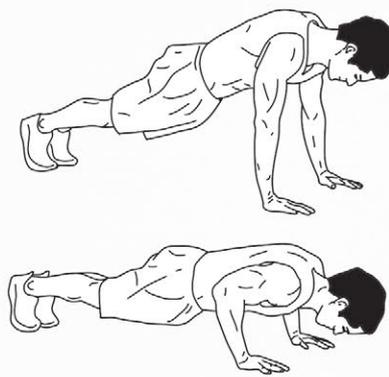
# Strength Workout

reps: **Level I:** 6 reps **Level II:** 8 reps **Level III:** 12 reps

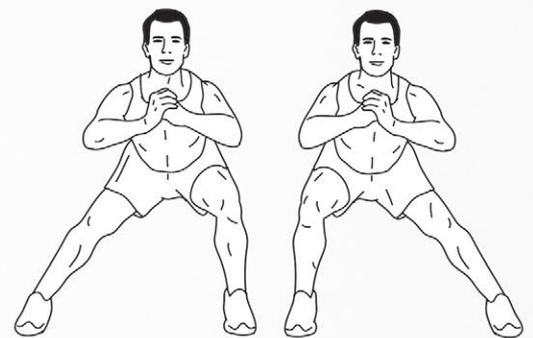
sets: **Level I:** 4 sets **Level II:** 6 sets **Level III:** 8 sets



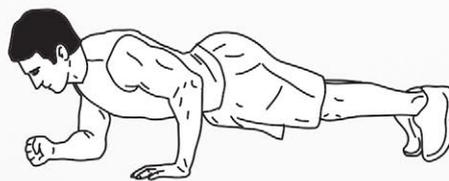
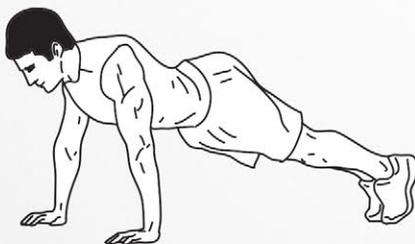
1. jump squats



2. push-ups



3. side-to-side lunges



4. moving plank

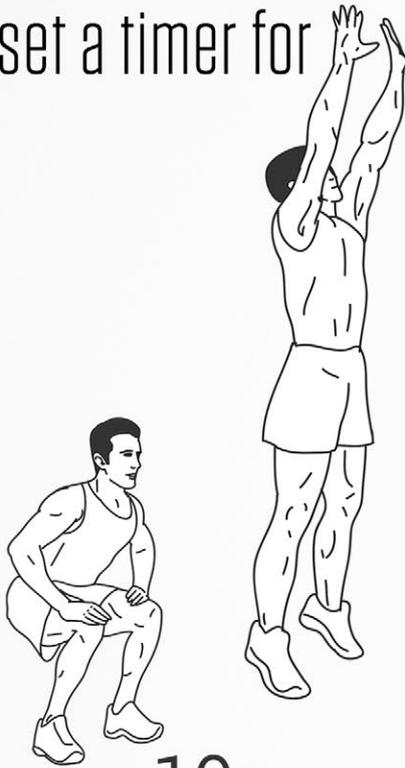
rest between sets: up to 2 minutes

# Challenge

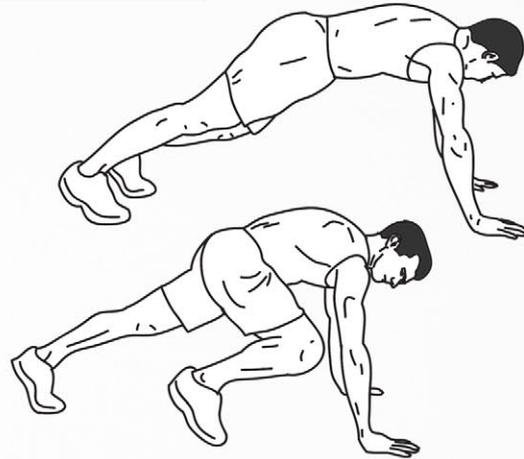
set a timer for

**10:00**  
minutes

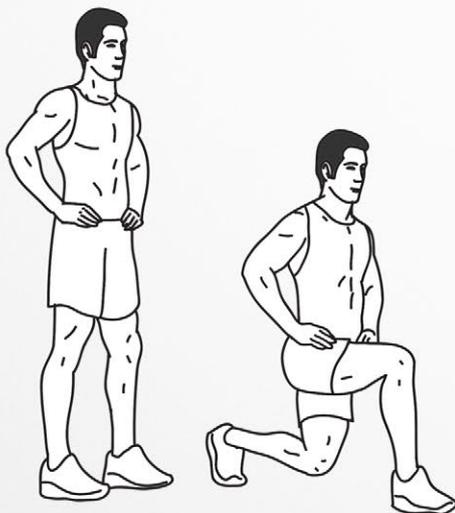
repeat until  
the time is up



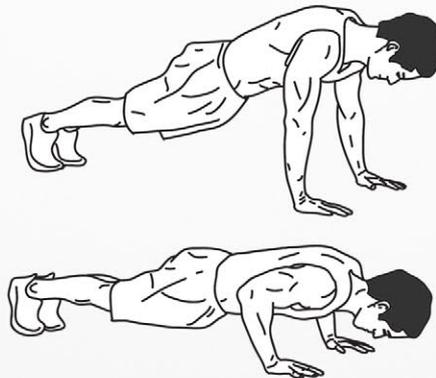
10 jump squat



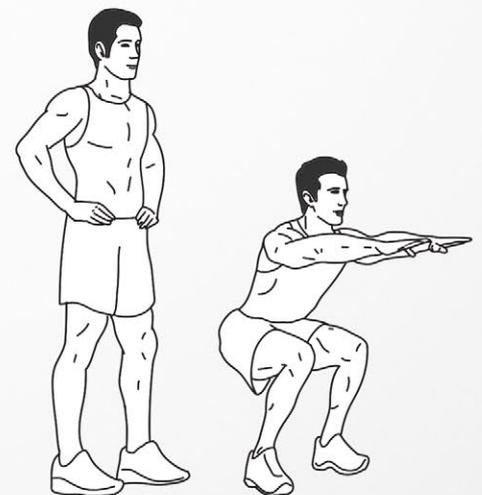
10 mountain climbers



10 lunges



5 push-ups

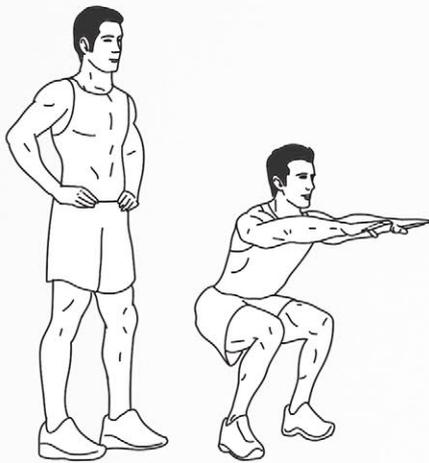


10 squats

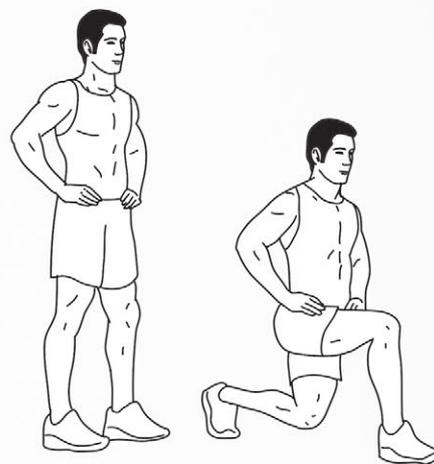
# Bodyweight Workout

10 reps each

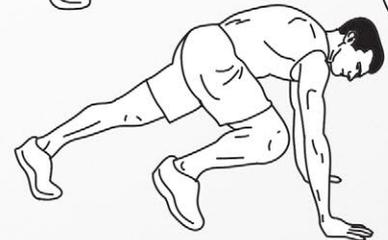
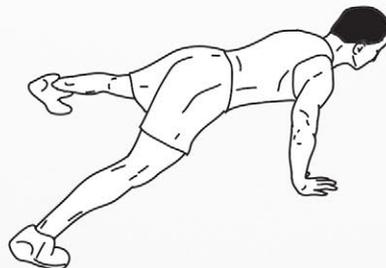
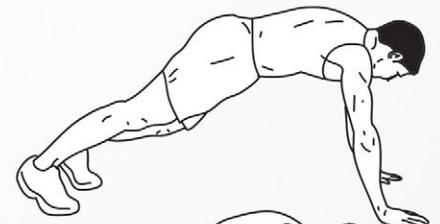
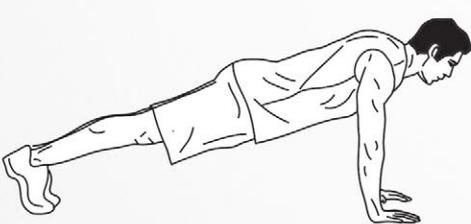
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



1. squats



2. forward lunges



3. plank jump-ins

4. plank jacks

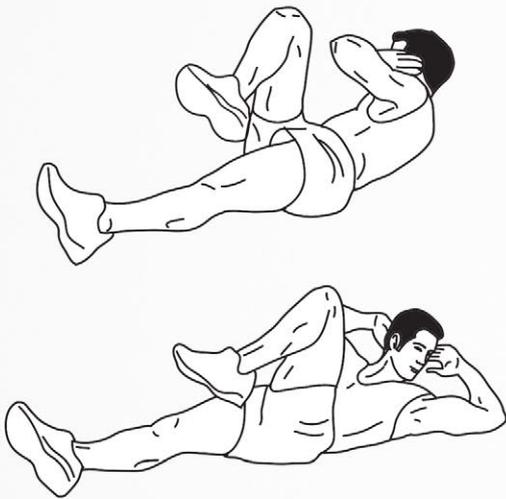
5. mountain climbers

rest between sets: up to 2 minutes

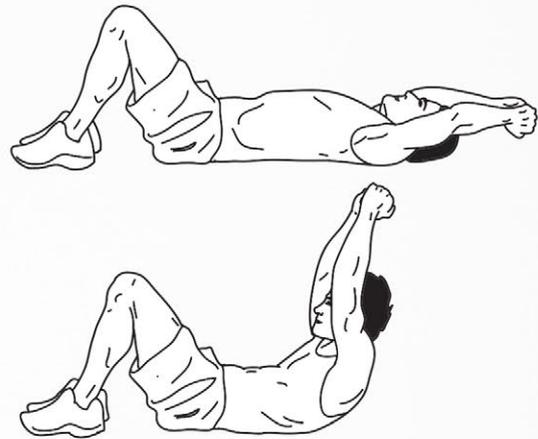
# Ab Work

reps: **Level I:** 8 reps **Level II:** 10 reps **Level III:** 12 reps

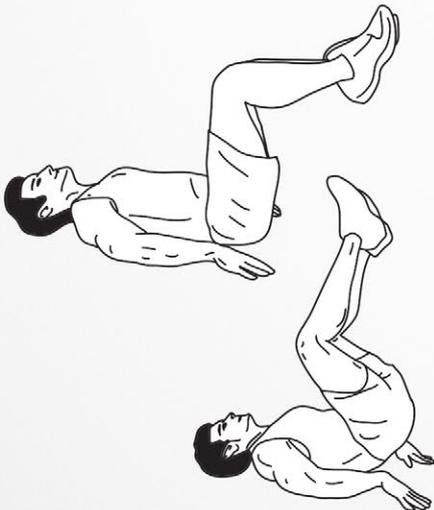
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



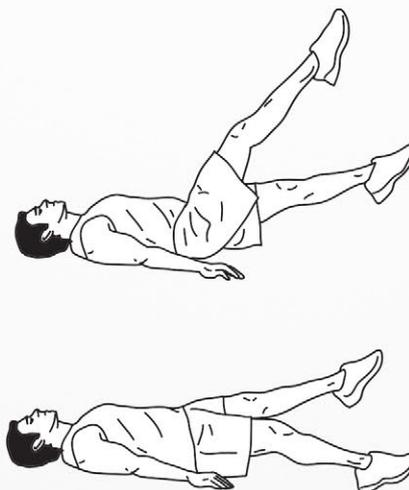
1. cycling crunches



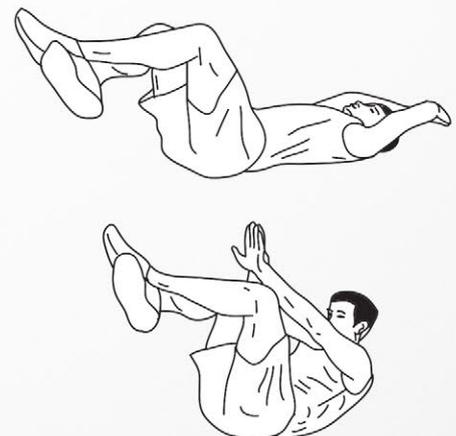
2. long arm crunches



3. reverse crunches



4. flutter kicks

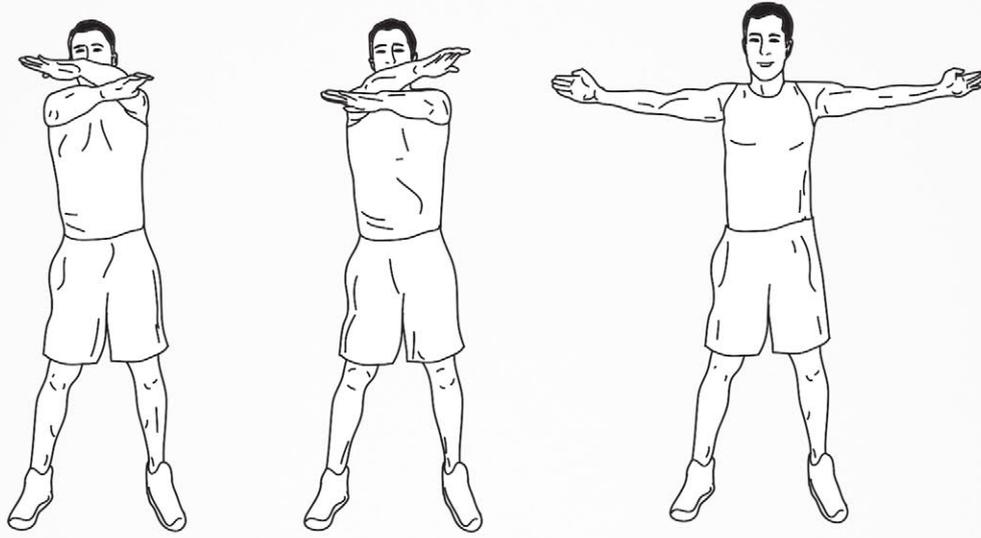


5. knee crunches

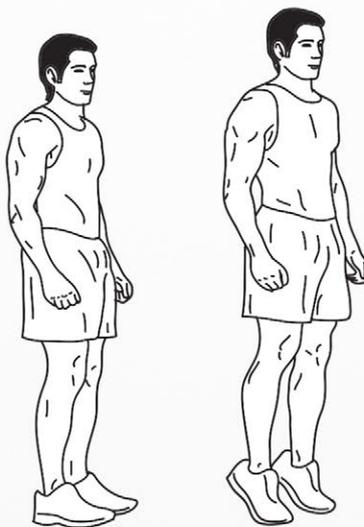
rest between sets: up to 2 minutes

# Stretching

20 reps each | 3 sets | 60 seconds rest between sets



1. criss-cross chest expansions

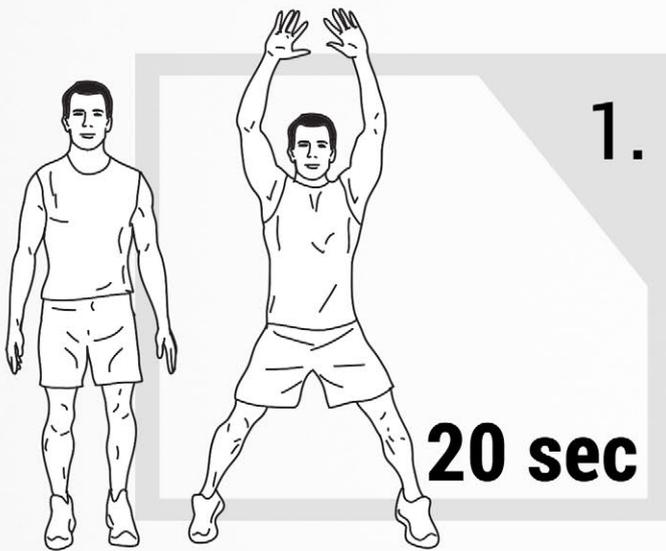


2. calf raises

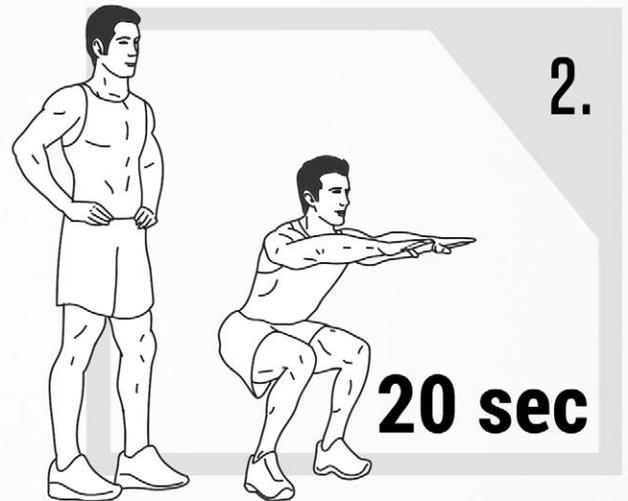
**EXTRA** walk 2 miles [ 3 km ]

# Cardio Workout

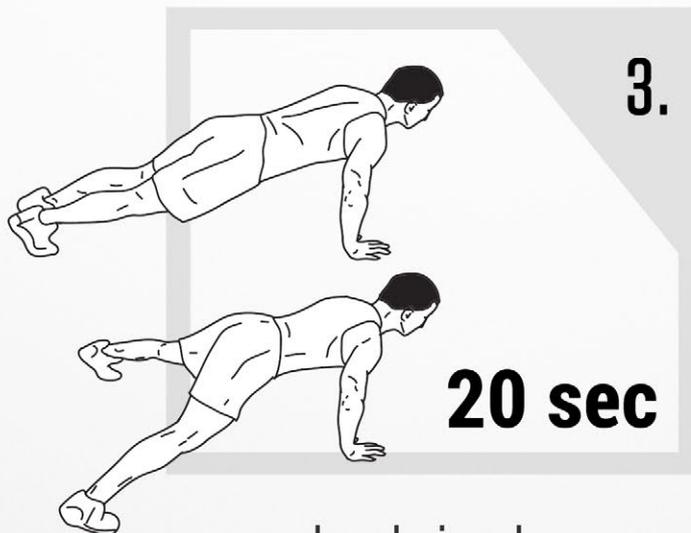
**Level I** 5 rounds **Level II** 10 rounds **Level III** 15 rounds  
1 minute rest between rounds



jumping jacks



squats



plank jacks

# Ab Work

reps: **Level I: 10 reps** **Level II: 14 reps** **Level III: 16 reps**

sets: **Level I: 3 sets** **Level II: 5 sets** **Level III: 7 sets**



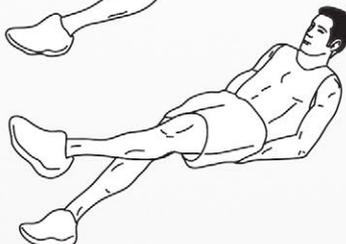
1. sit-ups



2. Russian twists



3. flutter kicks



4. scissors



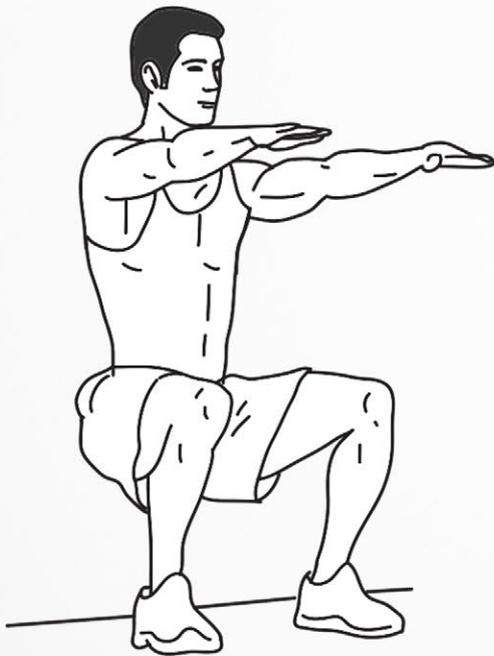
5. knee crunches

**rest between sets: up to 2 minutes**

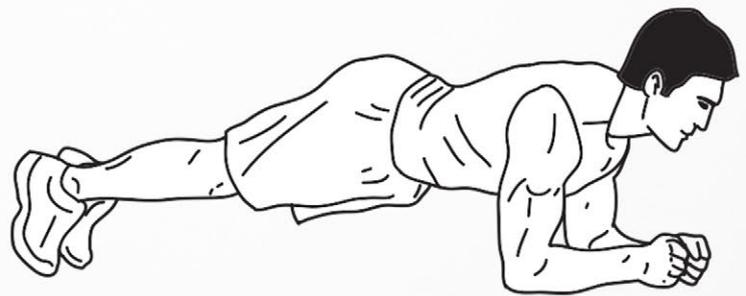
# Endurance Workout

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sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets  
45 seconds each



1. wall sit



2. elbow plank

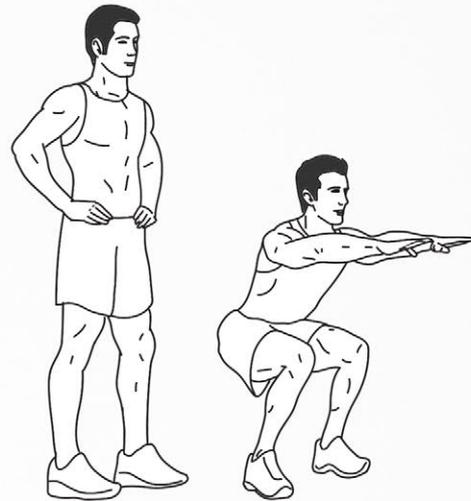
**rest between sets:** up to 2 minutes

# Bodyweight Workout

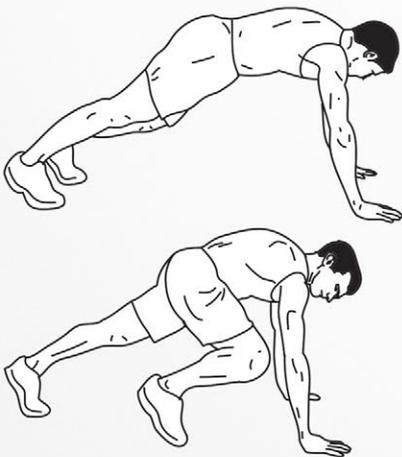
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



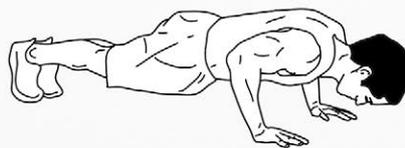
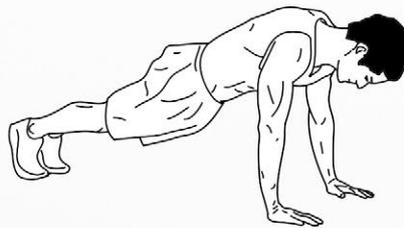
1) **20** high knees



2) **10** squats



3) **10** climbers



4) **5** push-ups

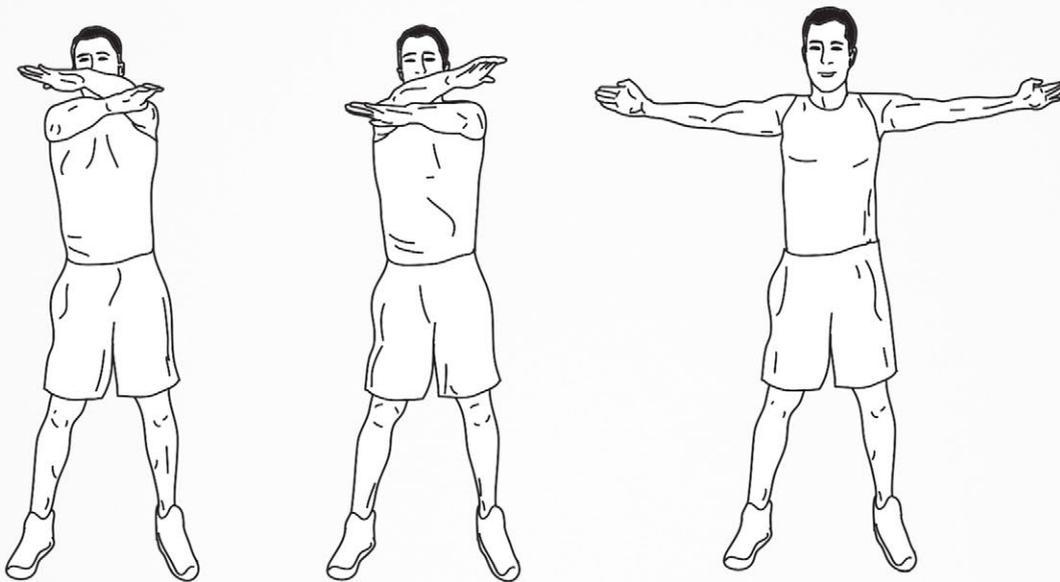


5) **16** lunges

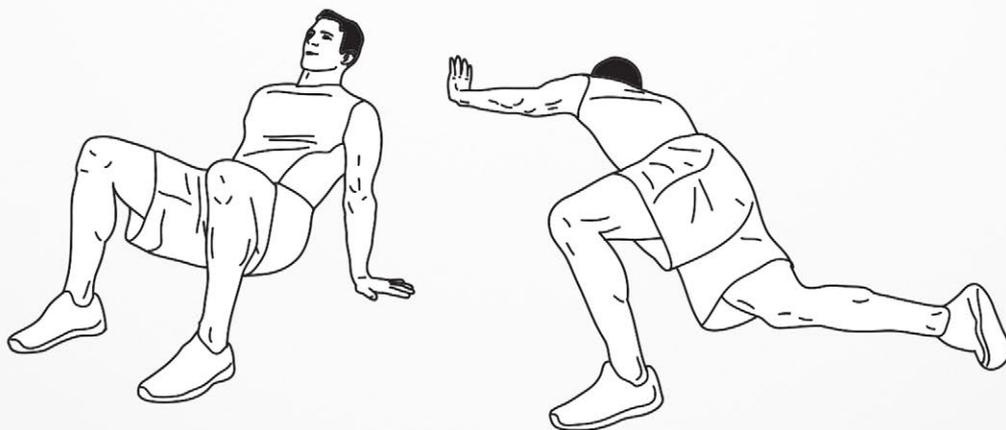
**rest between sets:** up to 2 minutes

# Stretching

10 reps each | 5 sets | 30 second rest between sets



1. criss-cross chest expansions

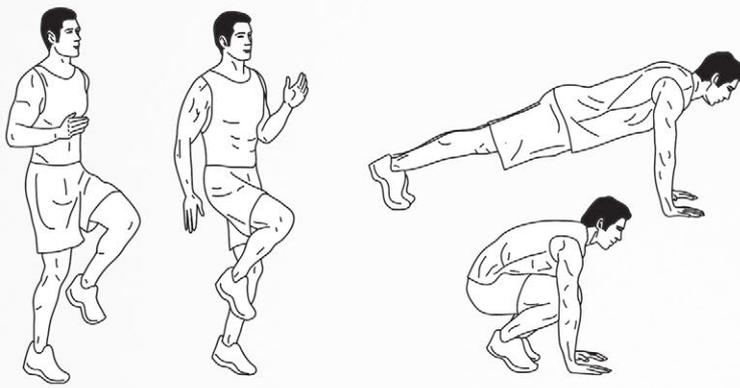


2. swipers

**EXTRA** walk 2 miles [ 3 km ]

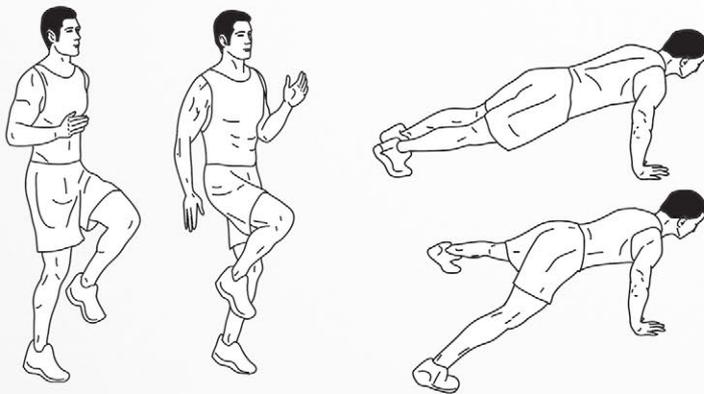
## Cardio Workout

rounds: **Level I:** 3 rounds **Level II:** 5 rounds **Level III:** 7 rounds  
up to 2 minutes rest between rounds



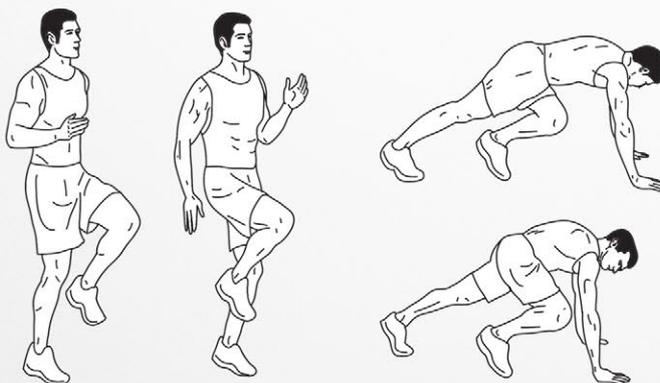
1.

**10** high knees  
**10** plank jump-ins



2.

**20** high knees  
**20** plank jump-ins



3.

**30** high knees  
**30** mountain climbers

# Ab Work

reps: **Level I: 6 reps** **Level II: 8 reps** **Level III: 10 reps**

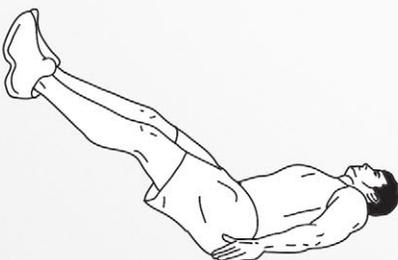
sets: **Level I: 3 sets** **Level II: 5 sets** **Level III: 7 sets**



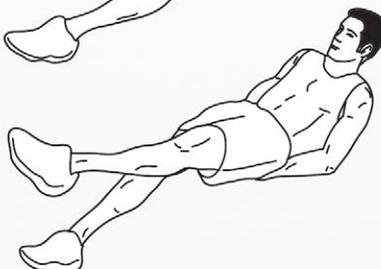
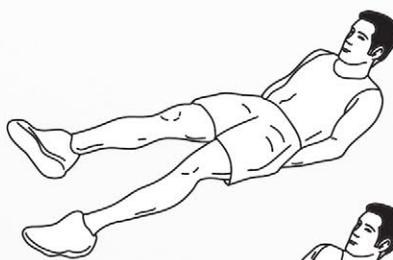
1. knee crunches



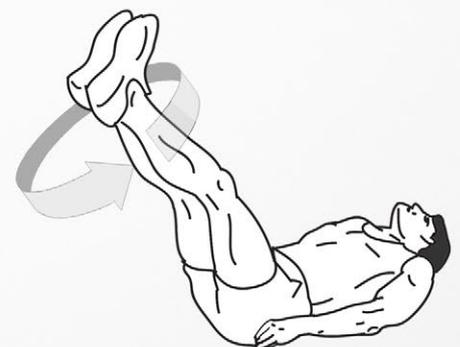
2. leg pull-ins



3. leg raises



4. scissors

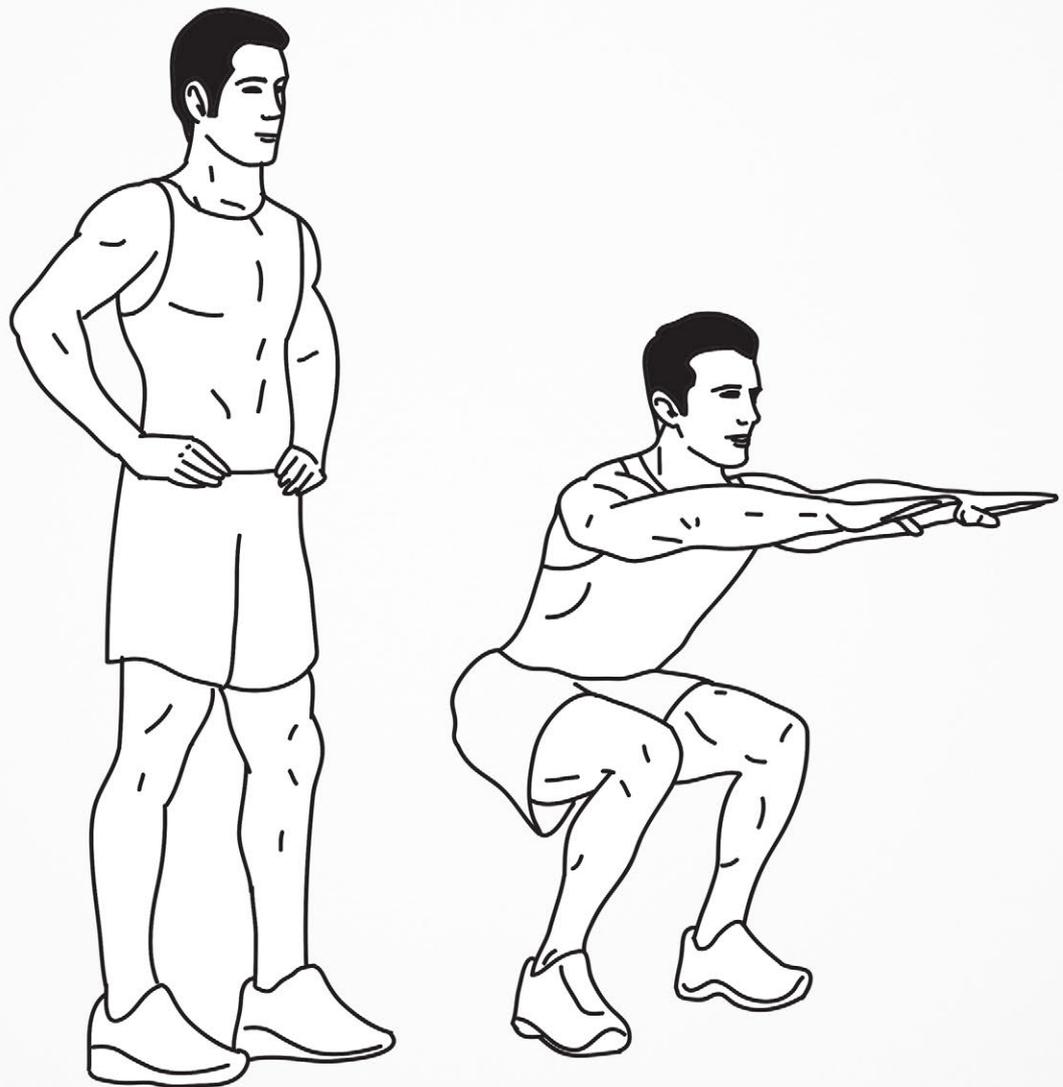


5. raised leg circles

**rest between sets: up to 2 minutes**

# Challenge

---



**120 squats**  
[ throughout the day ]

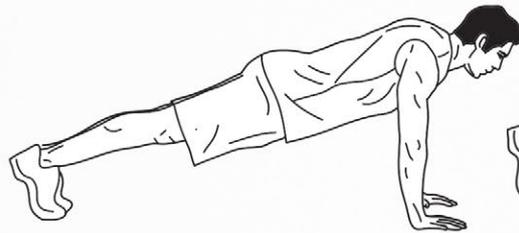
# Endurance Workout

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets

20 seconds each / no rest



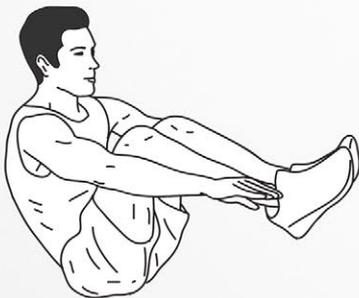
1. wall sit



2. plank



3. plank push-up



4. static V



5. static raised legs

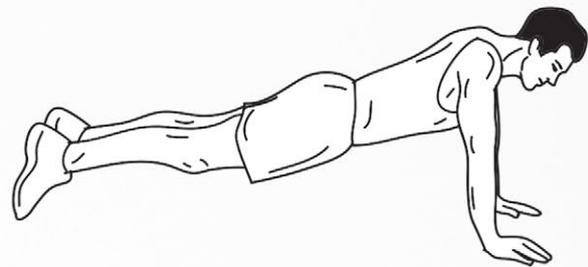
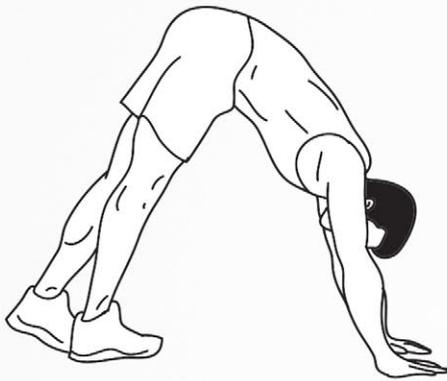


6. superman

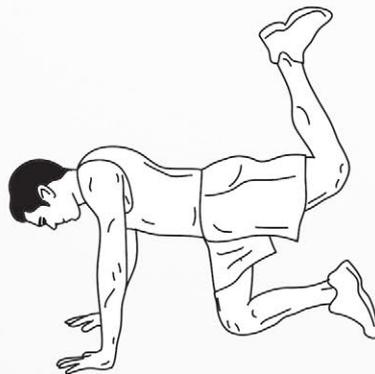
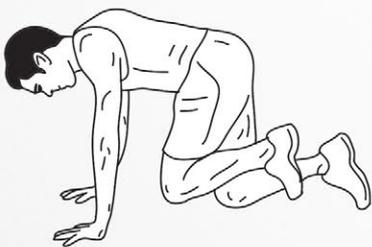
**rest between sets:** up to 2 minutes

# Stretching

20 reps each | 3 sets | 60 seconds rest between sets



1. inch worms



2. donkey kicks

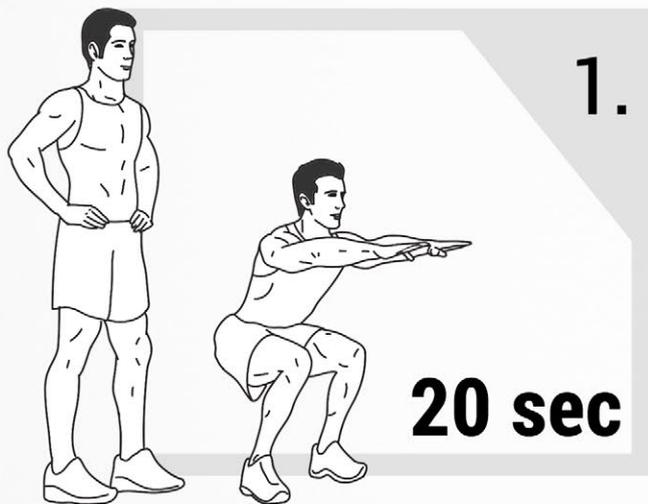


3. calf raises

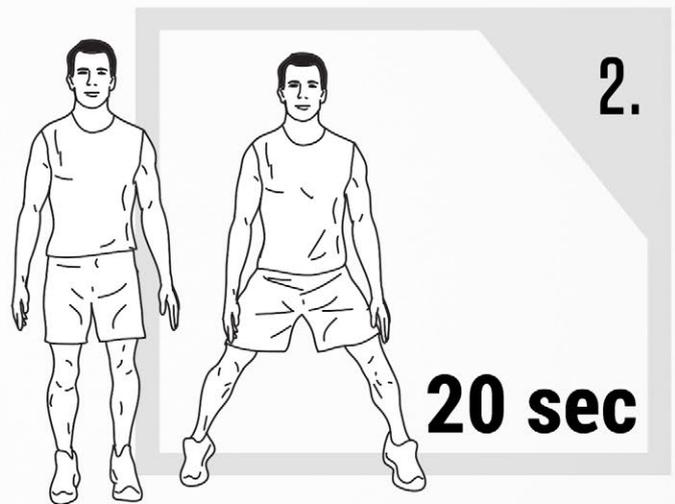
**EXTRA** walk 2 miles [ 3 km ]

# Cardio Workout

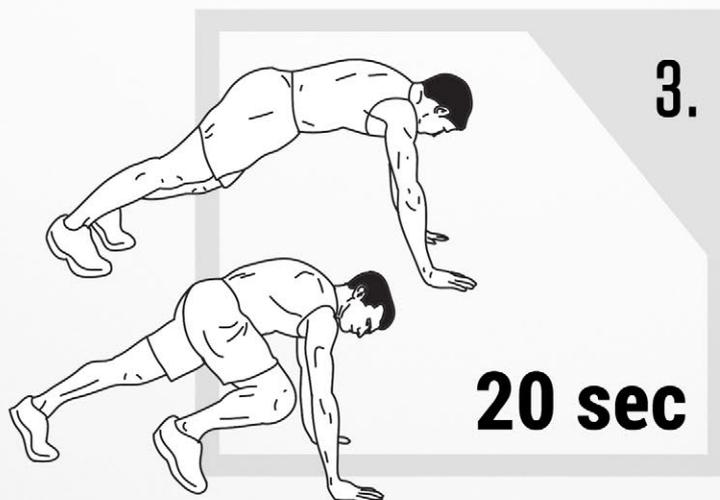
**Level I** 5 rounds **Level II** 10 rounds **Level III** 15 rounds  
1 minute rest between rounds



squats



half jacks

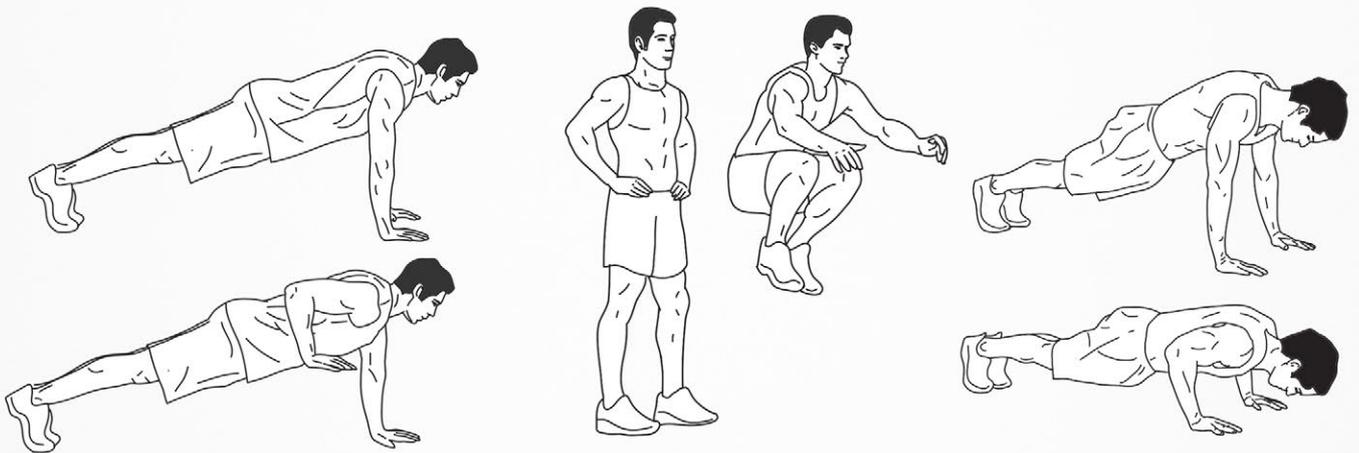


mountain climbers

# Strength Workout

reps: **Level I: 6 reps** **Level II: 8 reps** **Level III: 10 reps**

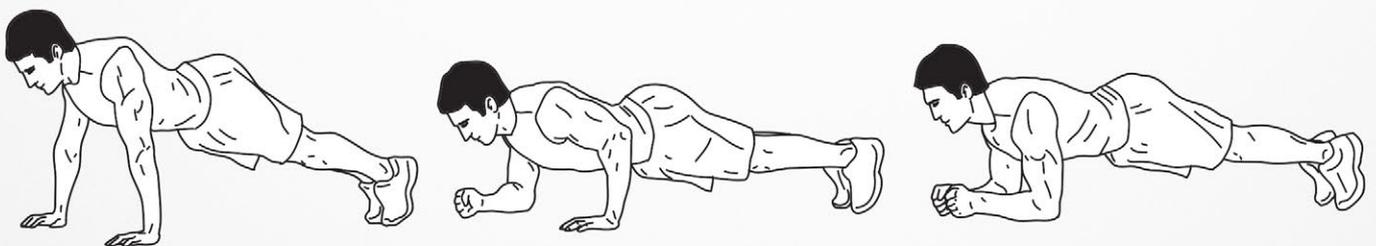
sets: **Level I: 4 sets** **Level II: 6 sets** **Level III: 8 sets**



1. renegade rows

2. jump squats

3. push-ups



4. moving plank

rest between sets: up to 2 minutes

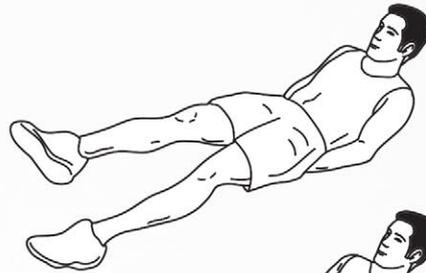
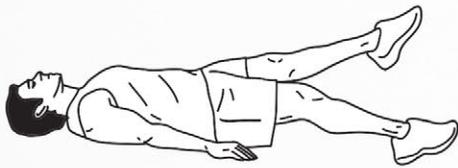
# Ab Work

reps: **Level I: 6 reps** **Level II: 8 reps** **Level III: 10 reps**

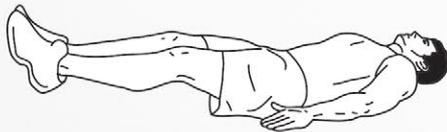
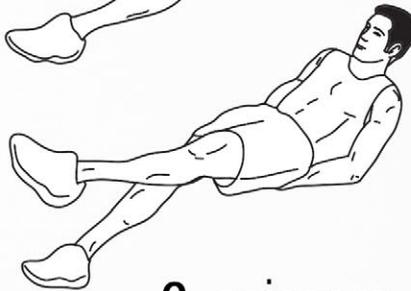
sets: **Level I: 3 sets** **Level II: 5 sets** **Level III: 7 sets**



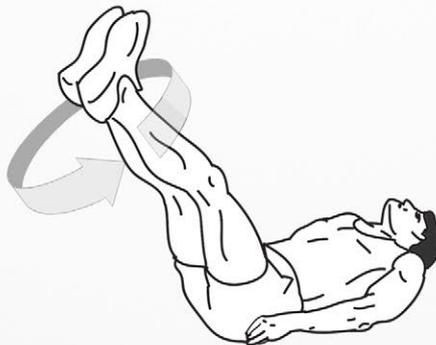
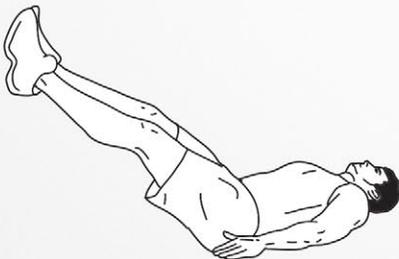
1. flutter kicks



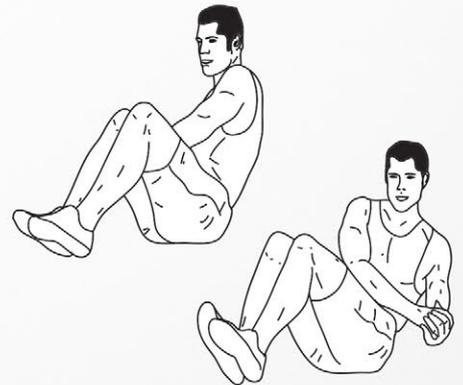
2. scissors



3. leg raises



4. raised leg circles



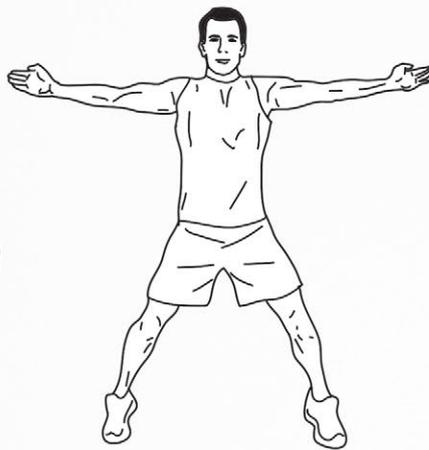
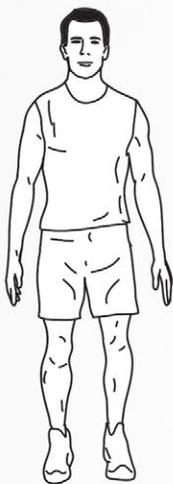
5. Russian twists

rest between sets: up to 2 minutes

# Bodyweight Workout

**10 reps each**

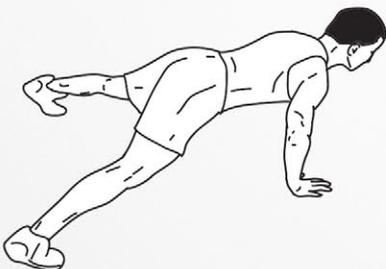
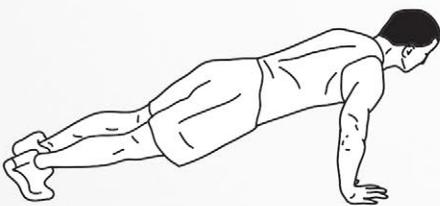
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



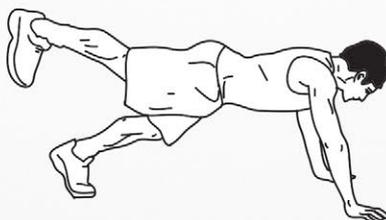
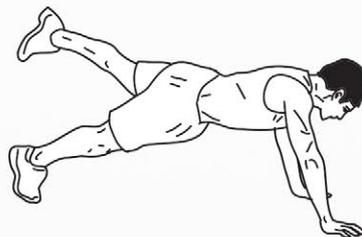
1. jumping Ts



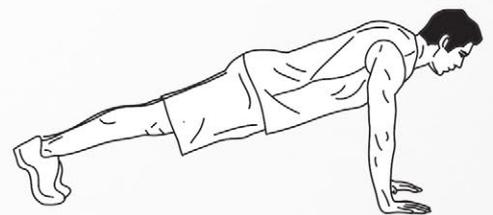
2. squats



3. plank jacks



4. plank leg raises

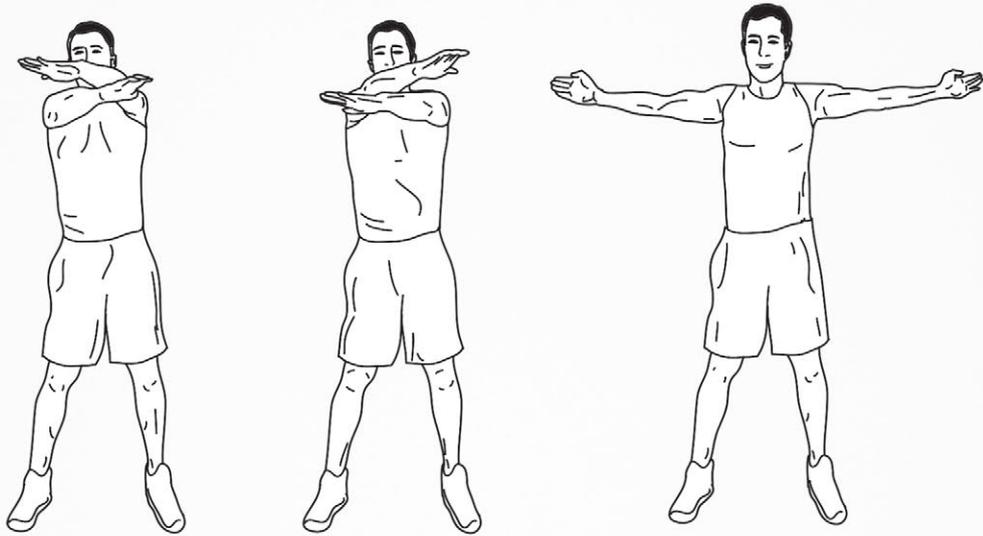


5. plank jump-ins

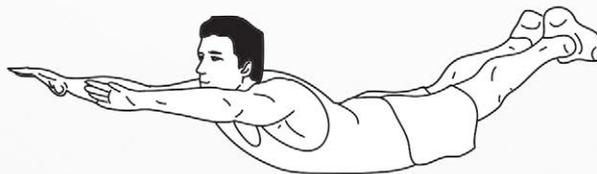
**rest between sets:** up to 2 minutes

# Stretching

10 reps each | 5 sets | 45 seconds rest between sets



1. criss-cross chest expansions



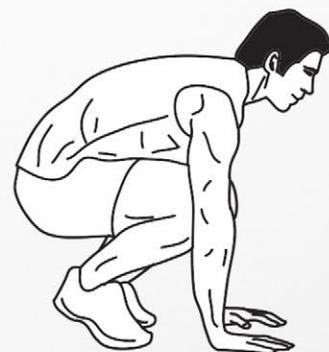
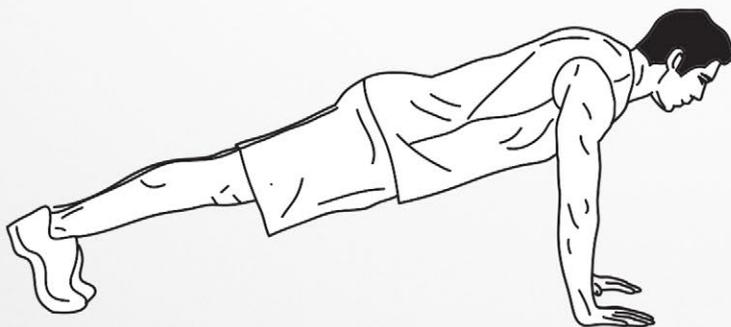
2. supermen

**EXTRA** walk 2 miles [ 3 km ]

# Challenge

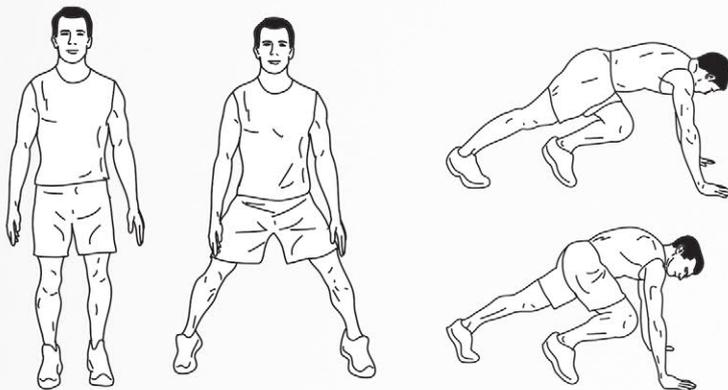
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3 plank jump-ins	20 sec rest
2 plank jump-ins	5 sec rest
1 plank jump-in	10 sec rest
5 plank jump-ins	20 sec rest
3 plank jump-ins	35 sec rest
10 plank jump-ins	40 sec rest
5 plank jump-ins	20 sec rest
4 plank jump-ins	20 sec rest
10 plank jump-ins	40 sec rest
3 plank jump-ins	10 sec rest
2 plank jump-ins	



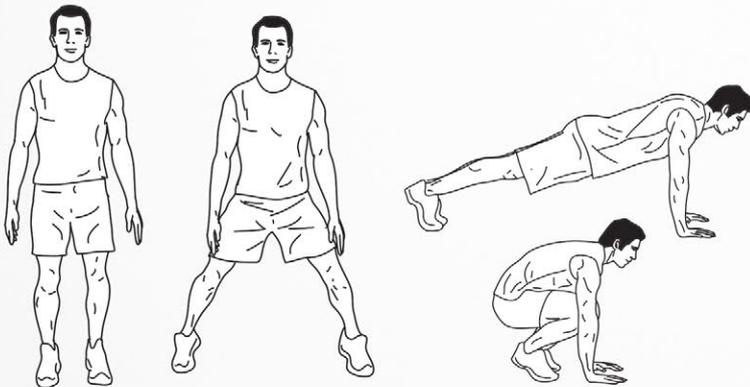
## Cardio Workout

rounds: **Level I:** 3 rounds **Level II:** 5 rounds **Level III:** 7 rounds  
up to 2 minutes rest between rounds



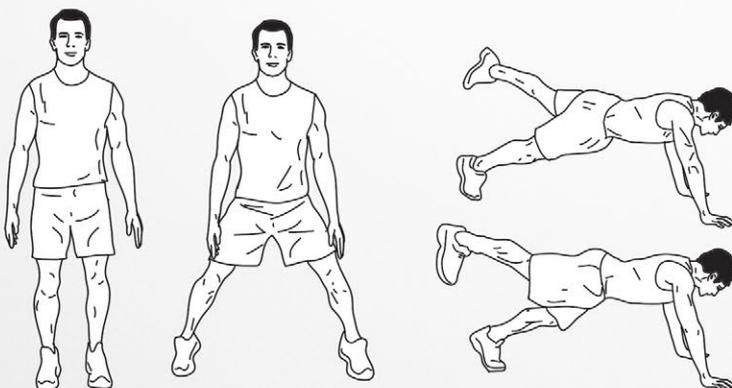
1.

**20** half jacks  
**20** mountain climbers



2.

**20** half jacks  
**20** plank jump-ins

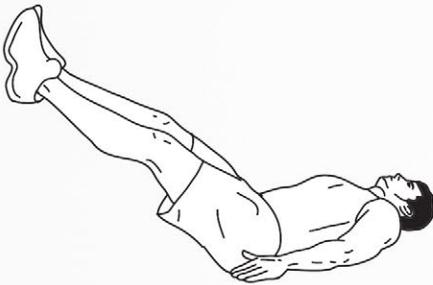


3.

**20** half jacks  
**20** plank leg raises

# Ab Work

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



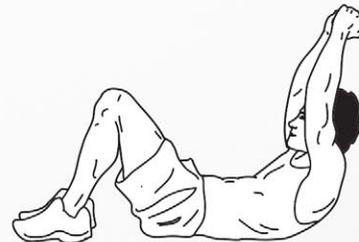
1.) 10 leg raises



2.) 20 flutter kicks



3.) 20 Russian twists



4.) 10 long arm crunches

**rest between sets:** up to 2 minutes

# Strength Workout

reps: **Level I:** 6 reps **Level II:** 8 reps **Level III:** 10 reps

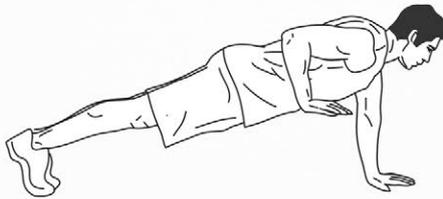
sets: **Level I:** 4 sets **Level II:** 6 sets **Level III:** 8 sets



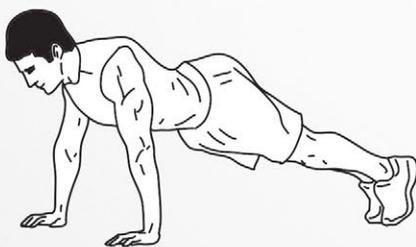
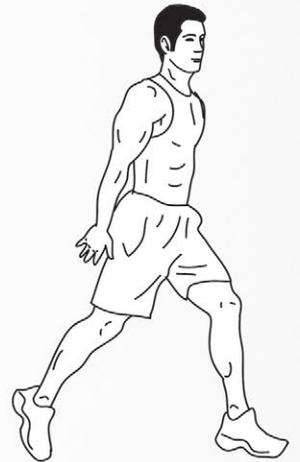
1. squats



2. renegade rows



3. jumping lunges

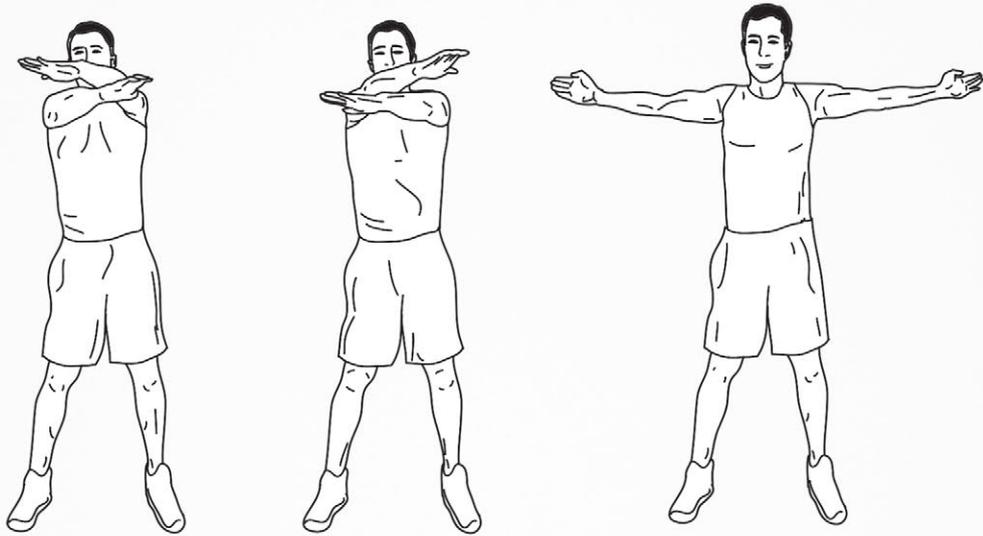


4. moving plank

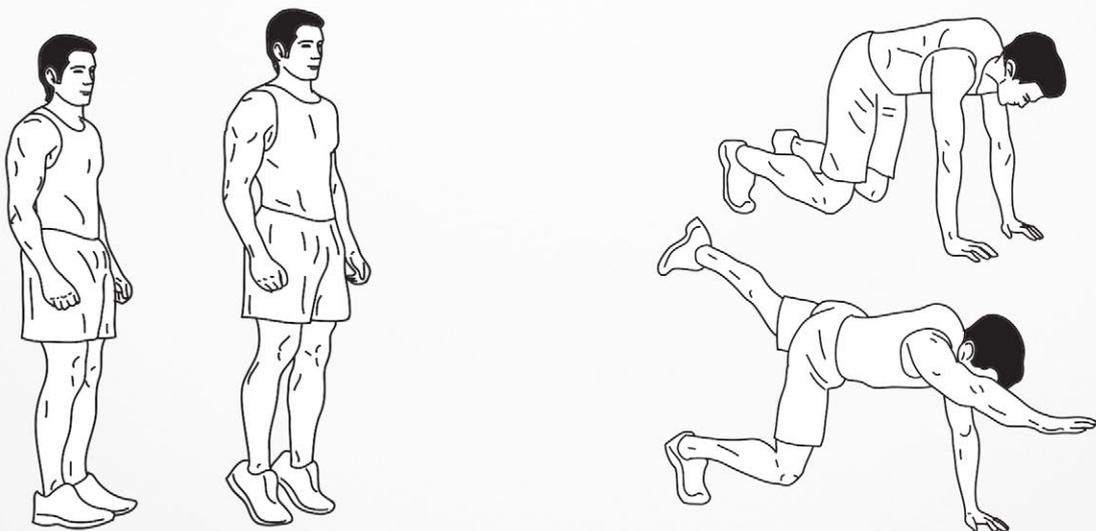
rest between sets: up to 2 minutes

# Stretching

30 reps each | 3 sets | 30 seconds rest between sets



1. criss-cross chest expansions



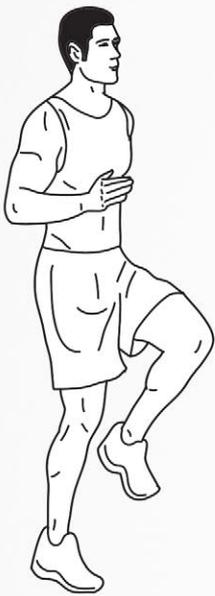
2. calf raises

3. arch balance

**EXTRA** walk 2 miles [ 3 km ]

# Cardio Workout

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10 reps high knees

10 reps half jacks

20 reps high knees

20 reps half jacks

30 reps high knees

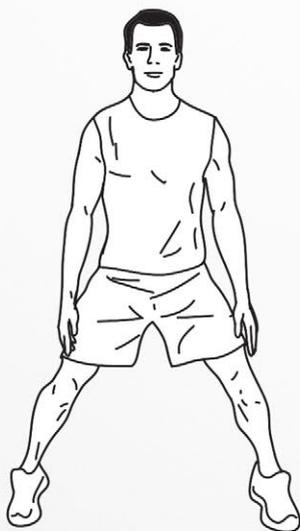
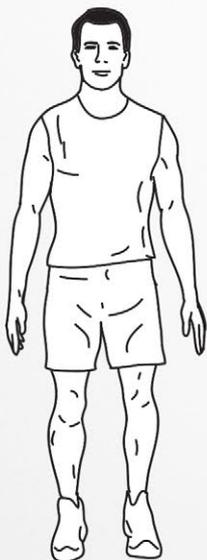
30 reps half jacks

20 reps high knees

20 reps half jacks

10 reps high knees

10 reps half jacks



**LEVEL I:** 4 sets

**LEVEL II:** 6 sets

**LEVEL III:** 8 sets

rest between sets:  
up to 3 minutes

# Ab Work

reps: **Level I:** 6 reps **Level II:** 8 reps **Level III:** 10 reps

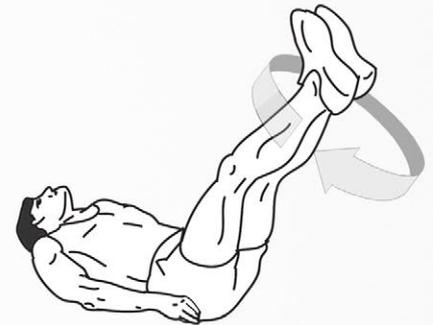
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



1. flutter kicks



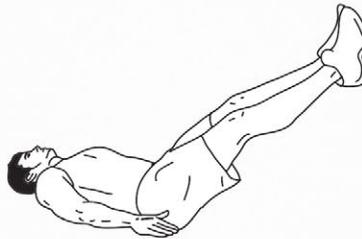
2. leg raises



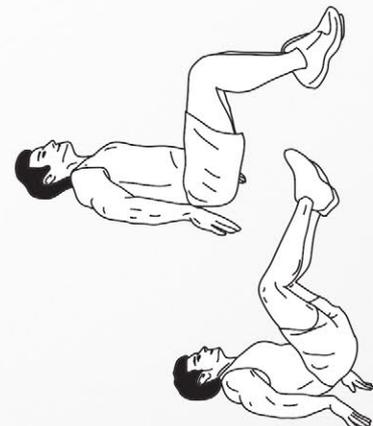
3. raised leg circles



4. knee crunches



5. Russian twists

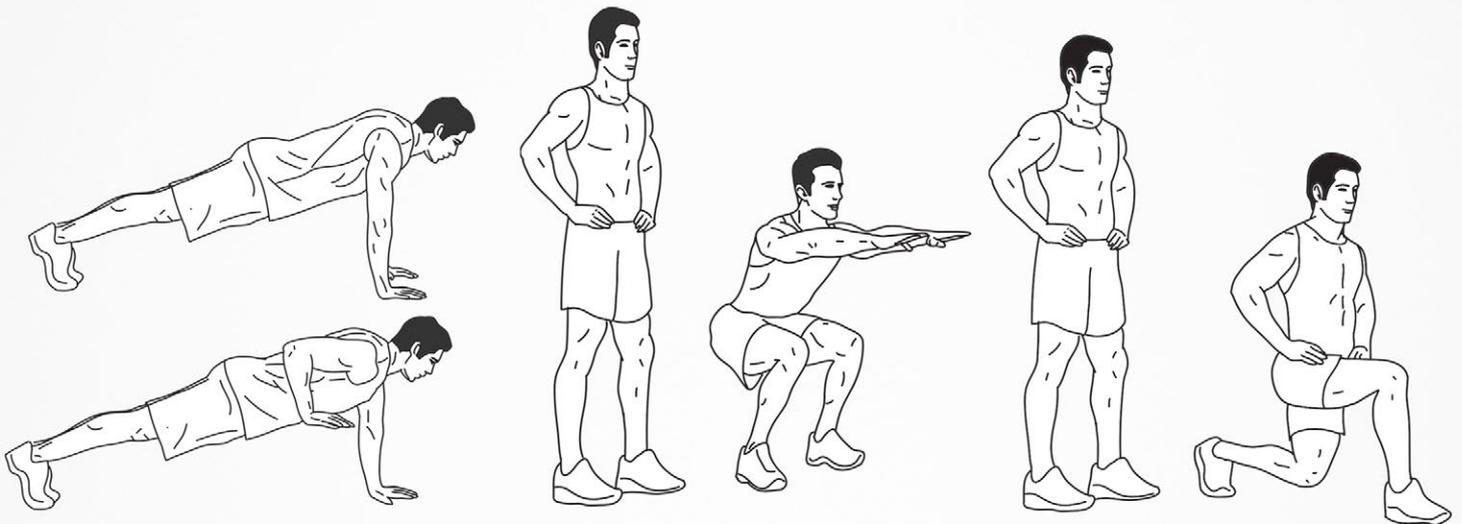


6. reverse crunches

**rest between sets:** up to 2 minutes

# Bodyweight Workout

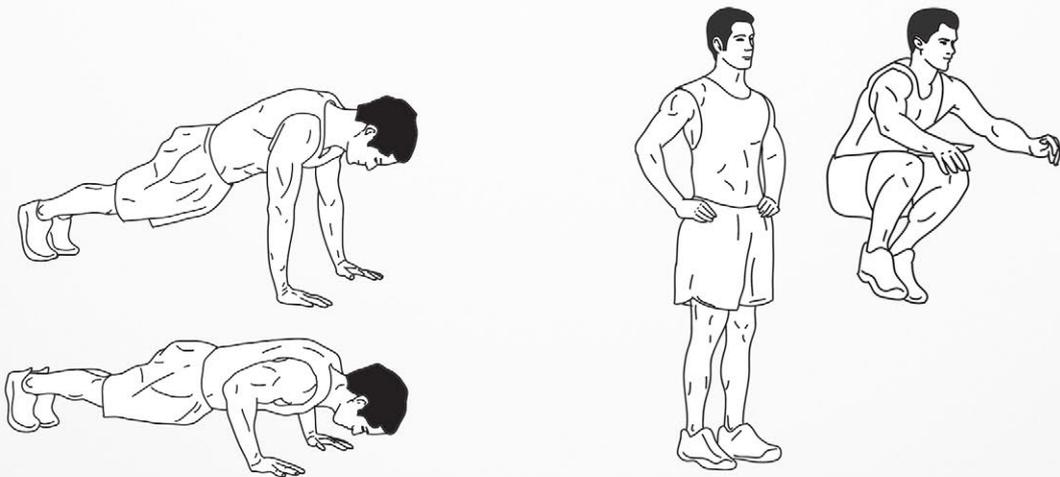
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



1) **12** renegade rows

2) **20** squats

3) **10** lunges



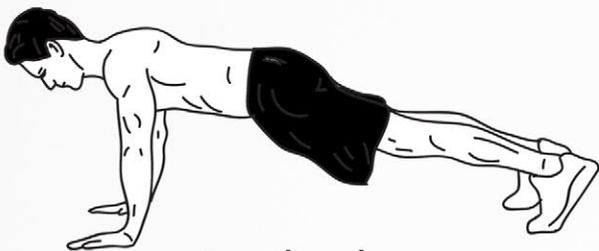
4) **6** push-ups

5) **6** squat jumps

rest between sets: up to 2 minutes

# Endurance Workout

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets  
30 seconds each



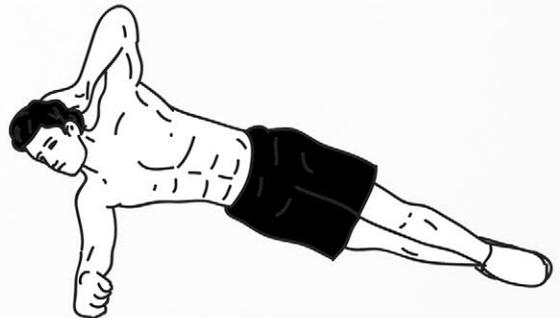
1. plank



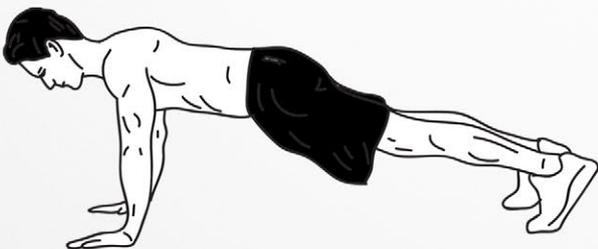
2. elbow plank



3. raised leg elbow plank



4. side plank



5. plank

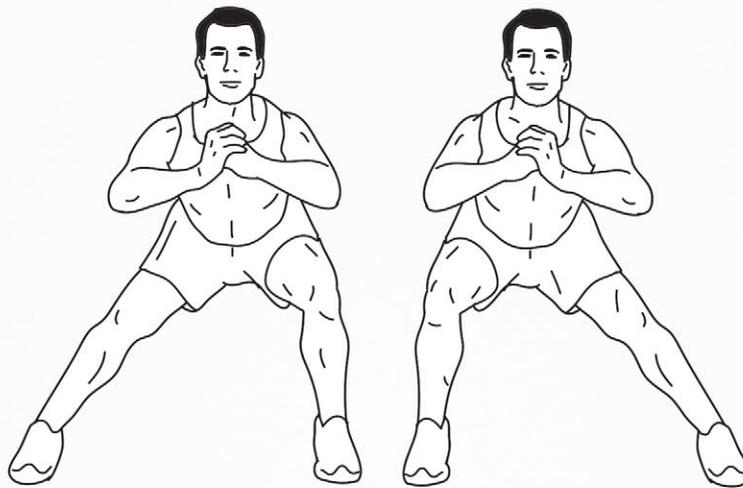


6. elbow plank

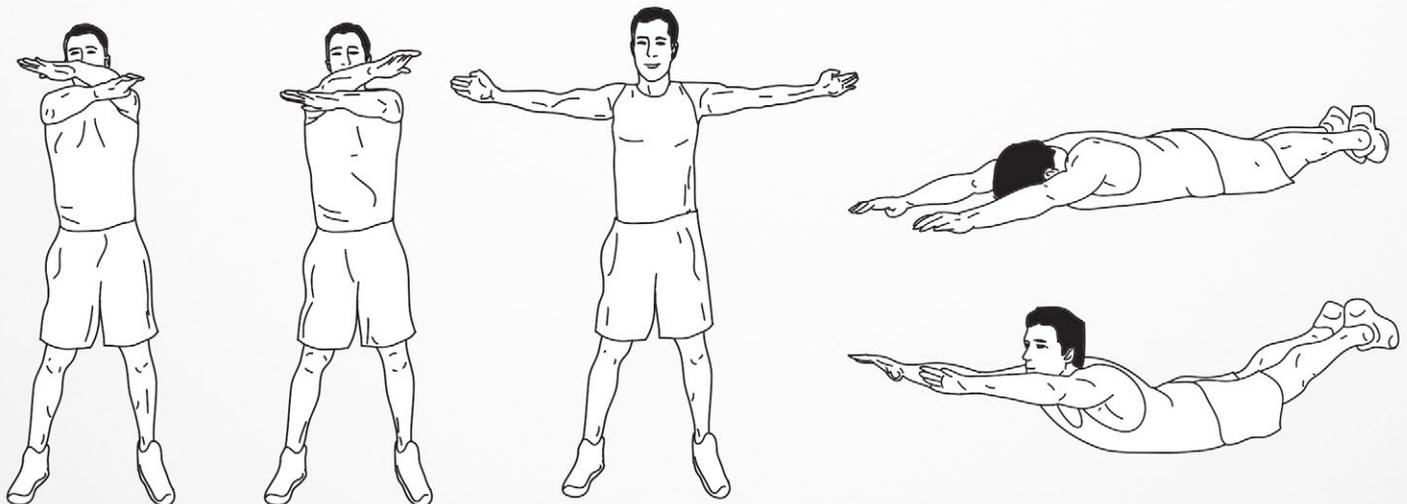
**rest between sets:** up to 2 minutes

# Stretching

10 reps each | 5 sets | 40 seconds rest between sets



1. side-to-side lunges



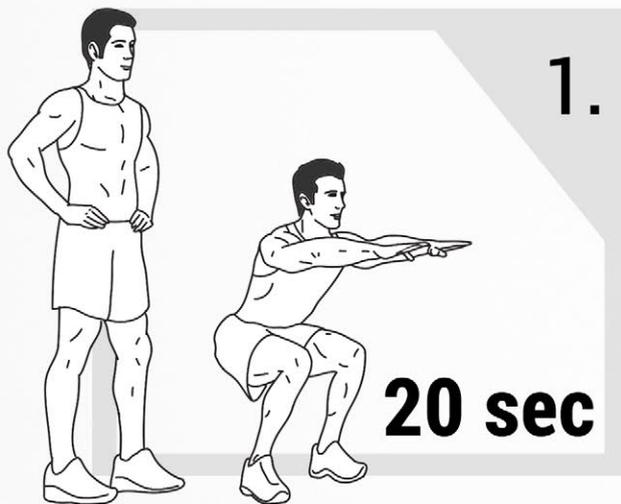
2. criss-cross chest expansions

3. supermen

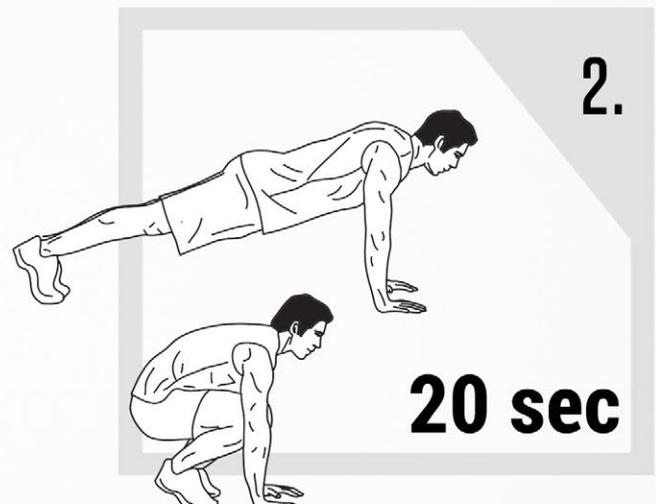
**EXTRA** walk 2 miles [ 3 km ]

# Cardio Workout

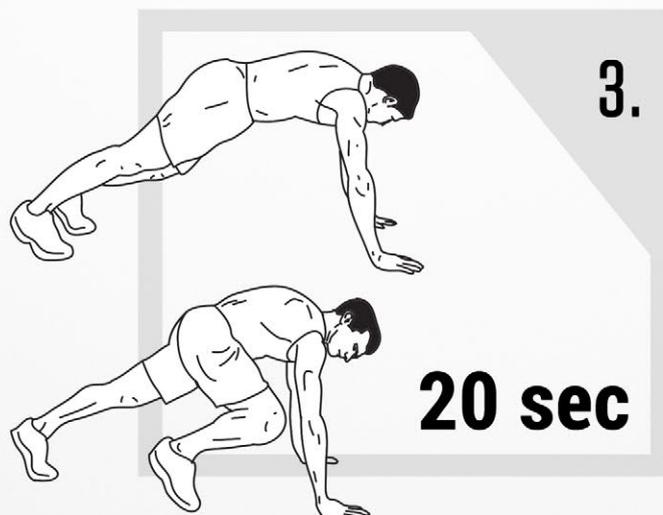
**Level I** 5 rounds **Level II** 10 rounds **Level III** 15 rounds  
1 minute rest between rounds



squats



plank jump-ins



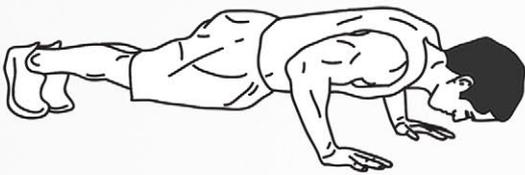
mountain climbers

# Strength Workout

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4 reps each

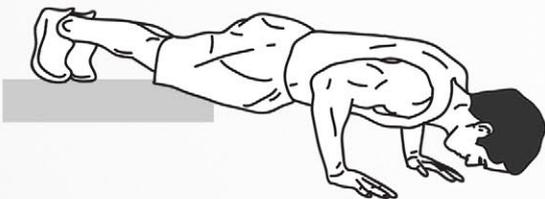
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



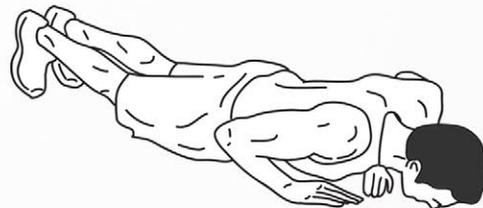
1. push-ups



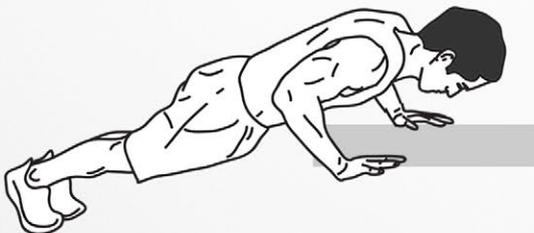
2. wide grip push-ups



3. declined push-ups



4. diamond push-ups



5. inclined push-ups

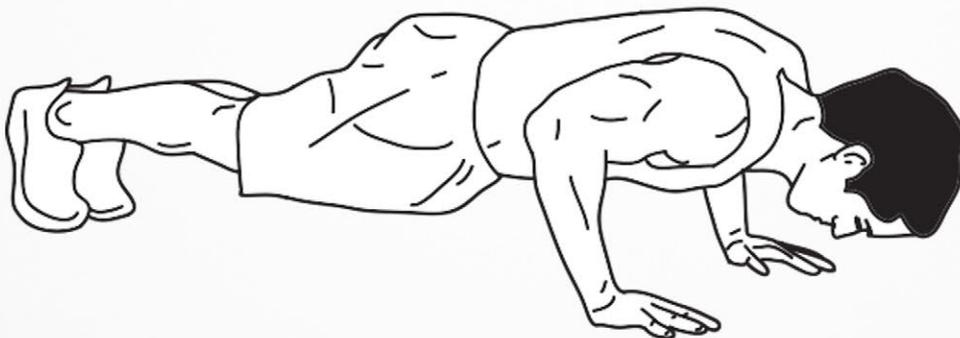
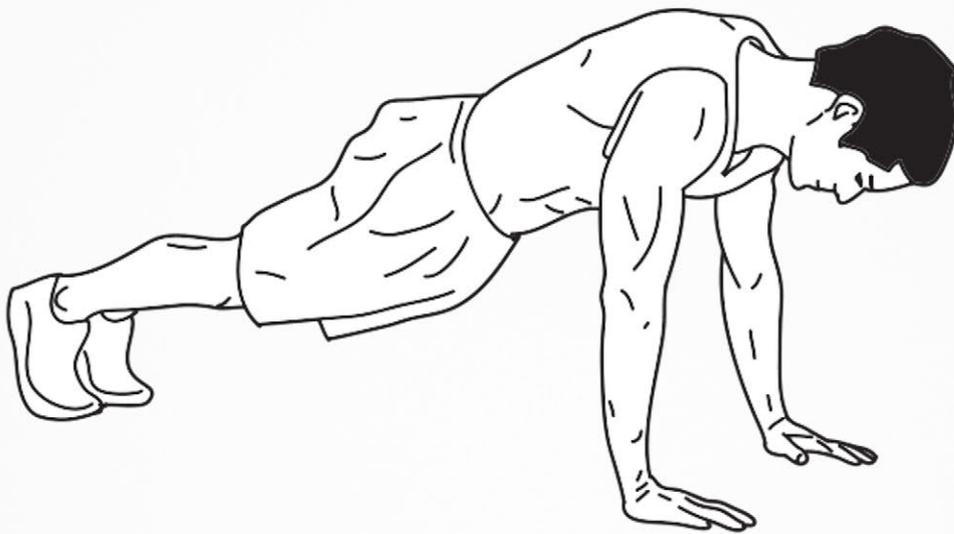


6. wide grip push-ups

**rest between sets:** up to 2 minutes

# Challenge

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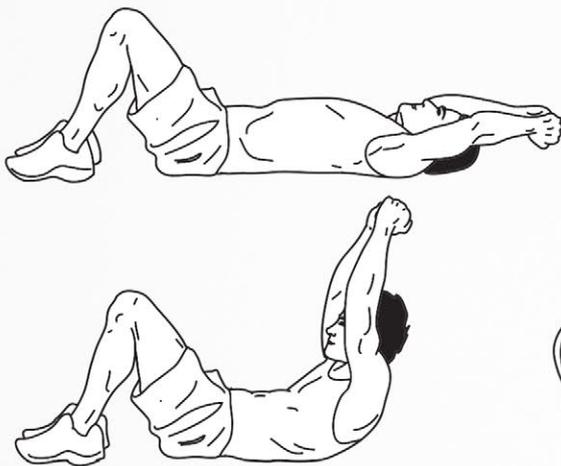


**100 push-ups**  
throughout the day

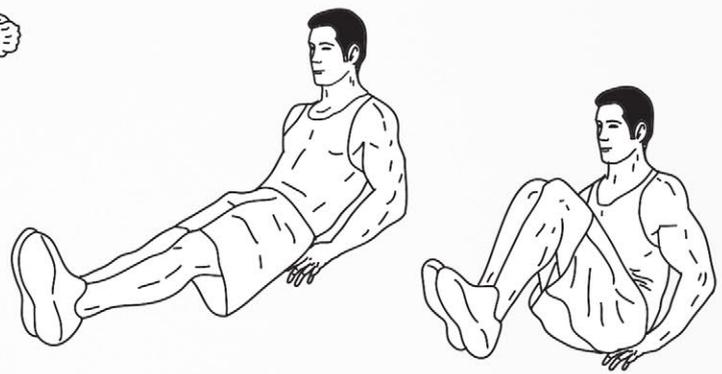
# Ab Work

reps: **Level I:** 6 reps **Level II:** 8 reps **Level III:** 10 reps

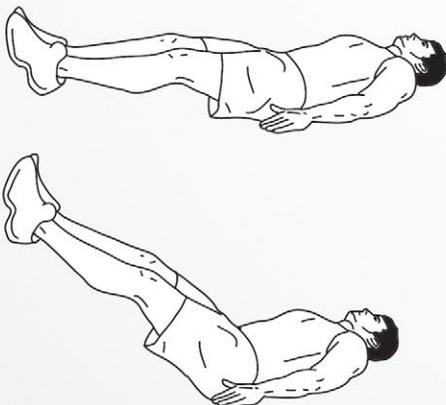
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



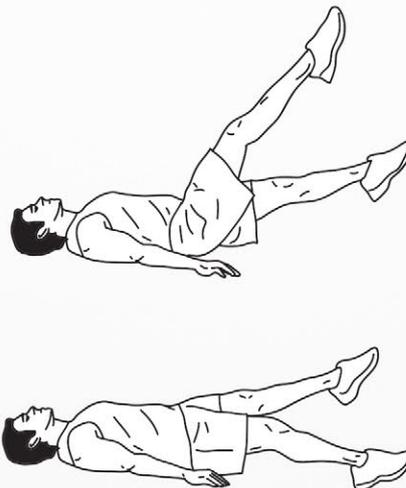
1. long arm crunches



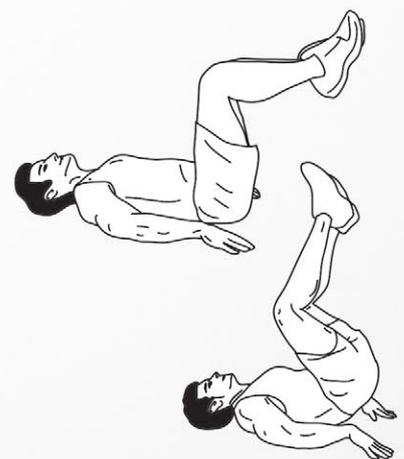
2. leg pull-ins



3. leg raises



4. flutter kicks

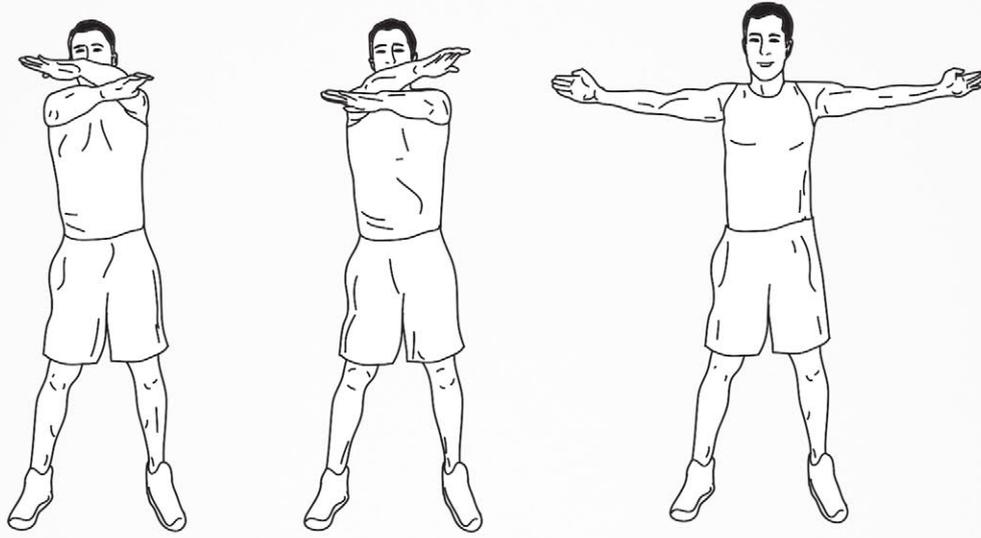


5. reversed crunches

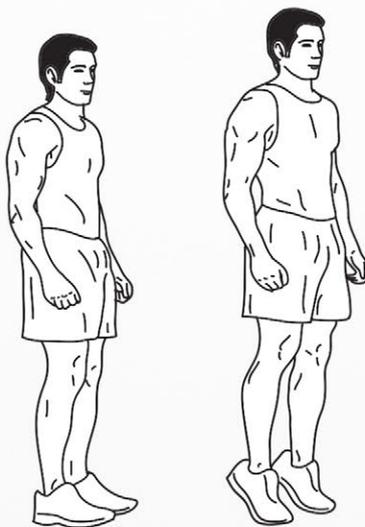
**rest between sets:** up to 2 minutes

# Stretching

20 reps each | 3 sets | 60 seconds rest between sets



1. criss-cross chest expansions



2. calf raises

**EXTRA** walk 2 miles [ 3 km ]

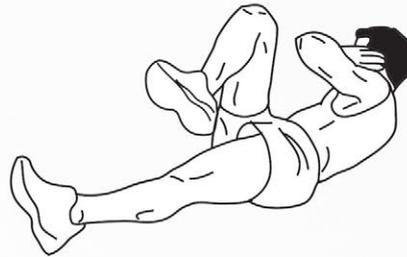
# Ab Work

reps: **Level I: 10 reps** **Level II: 20 reps** **Level III: 30 reps**

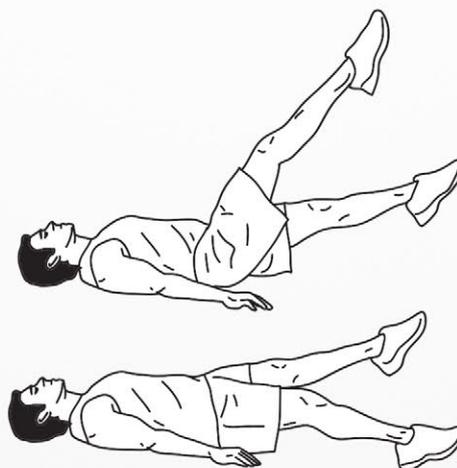
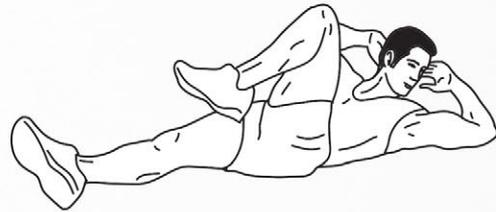
sets: **Level I: 3 sets** **Level II: 5 sets** **Level III: 7 sets**



1. knee crunches



2. cycling crunches



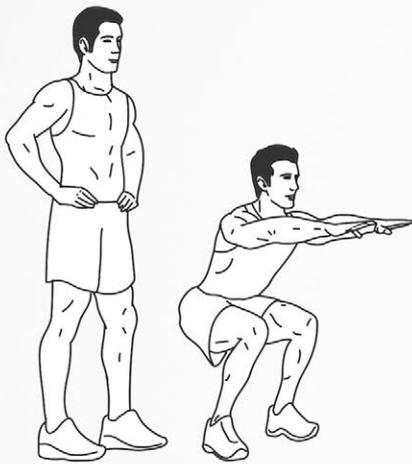
3. flutter kicks

rest between sets: up to 2 minutes

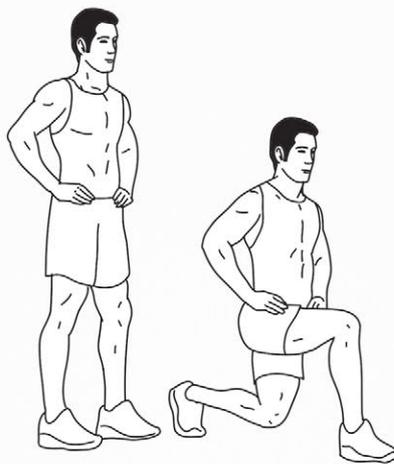
# Bodyweight Workout

10 reps each

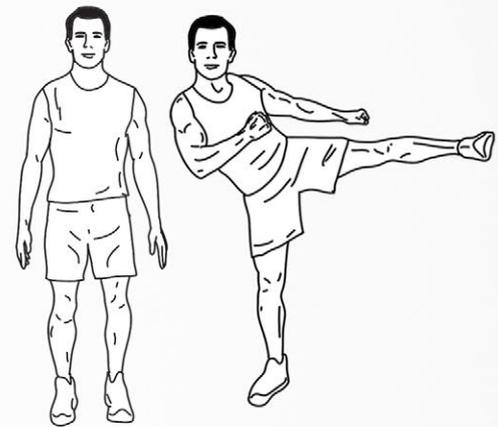
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



1. squats



2. forward lunges



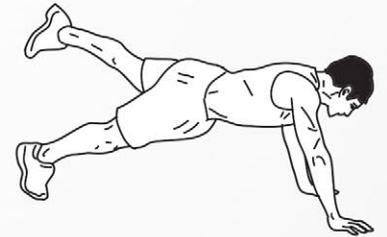
3. leg raises



4. plank jump-ins



5. plank jacks



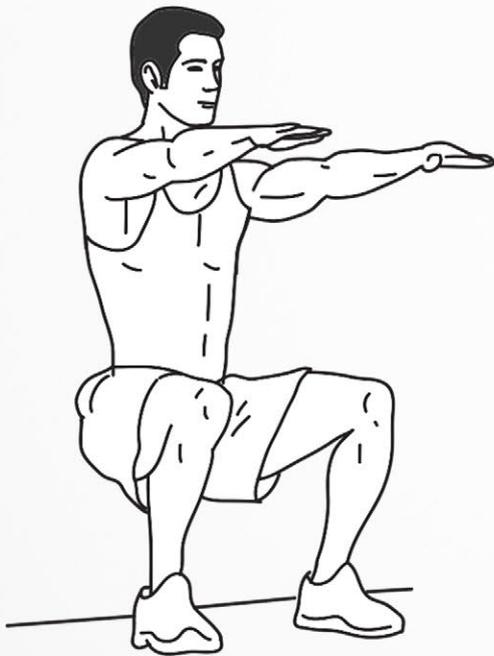
6. plank leg raises

rest between sets: up to 2 minutes

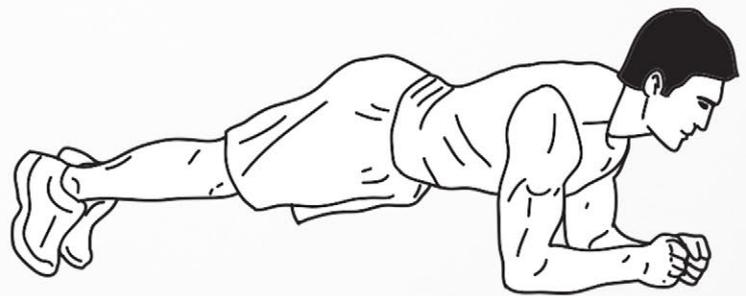
# Endurance Workout

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sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets  
60 seconds each



1. wall sit

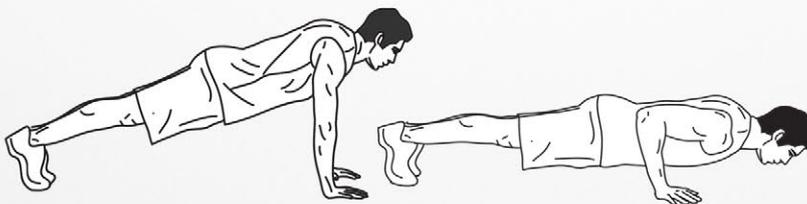


2. elbow plank

**rest between sets:** up to 2 minutes

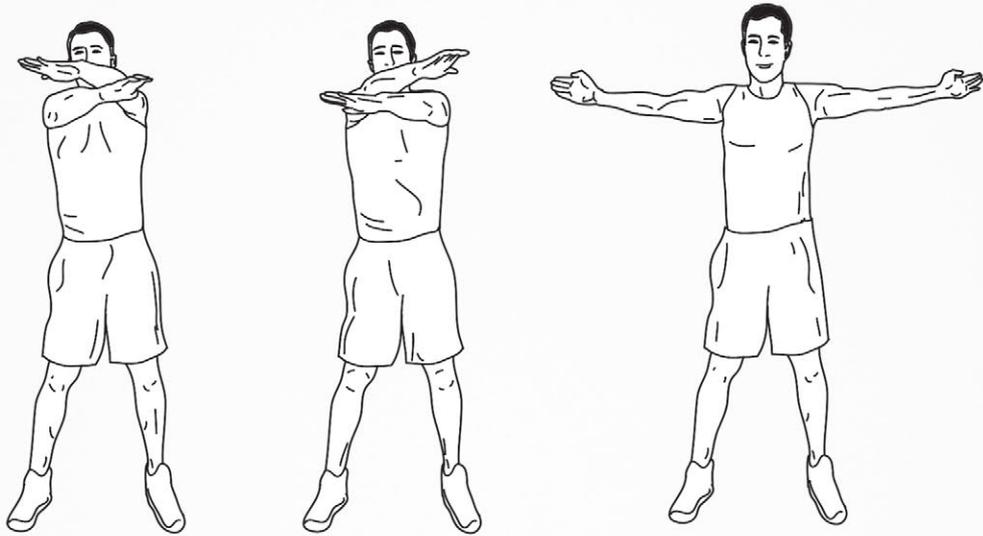
# Challenge

5 burpees	60 sec rest
6 burpees	45 sec rest
2 burpees	30 sec rest
6 burpees	60 sec rest
4 burpees	40 sec rest
6 burpees	35 sec rest
12 burpees	60 sec rest
6 burpees	30 sec rest
2 burpees	20 sec rest
12 burpees	60 sec rest
4 burpees	10 sec rest
4 burpees	

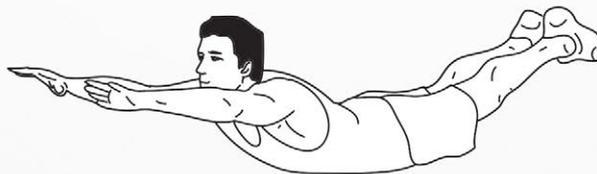


# Stretching

20 reps each | 5 sets | 30 seconds rest between sets



1. criss-cross chest expansions



2. supermen

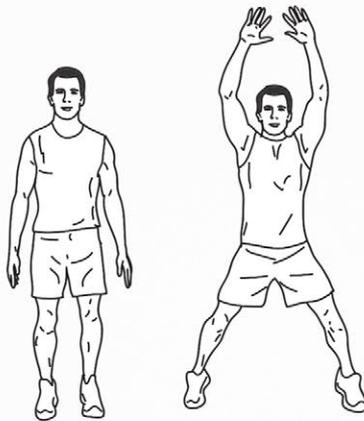
**EXTRA** walk 2 miles [ 3 km ]

# HIIT Workout

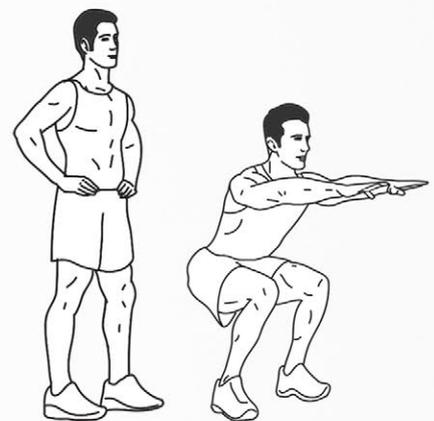
**1 minute each exercise / 1 minute rest after each exercise**



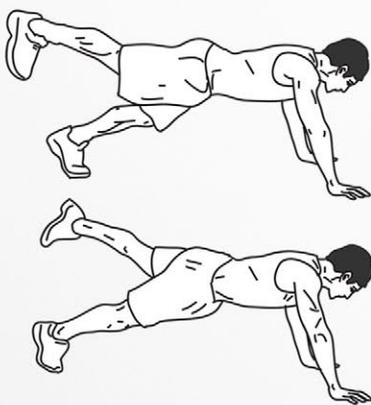
1. high knees



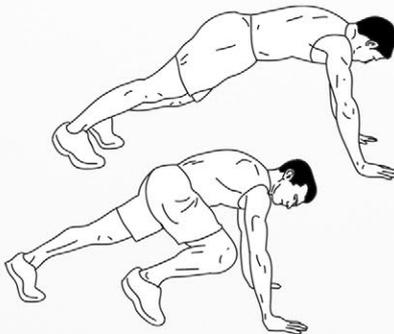
2. jumping jacks



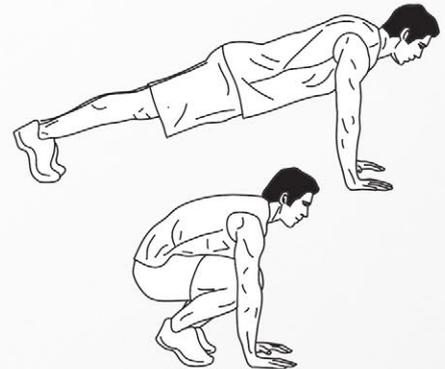
3. squats



4. plank leg raises



5. climbers

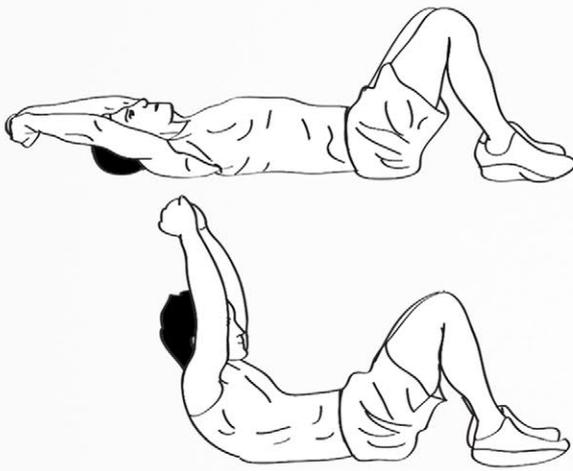


6. plank jump-ins

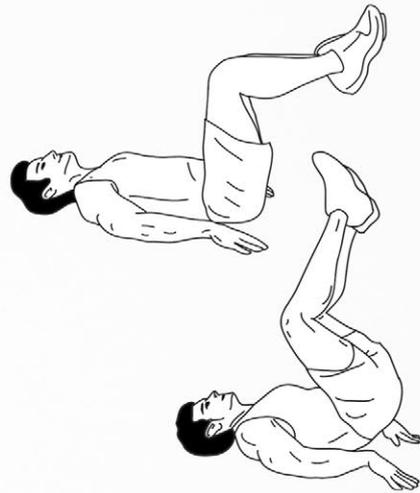
# Ab Work

reps: **Level I:** 6 reps **Level II:** 8 reps **Level III:** 10 reps

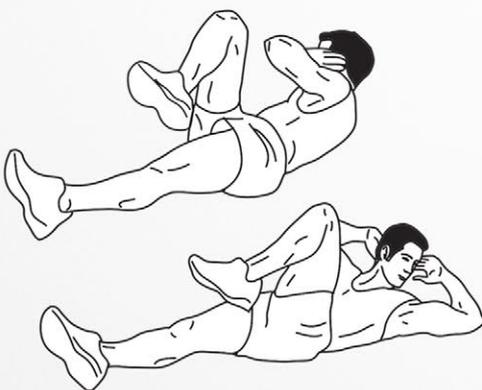
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



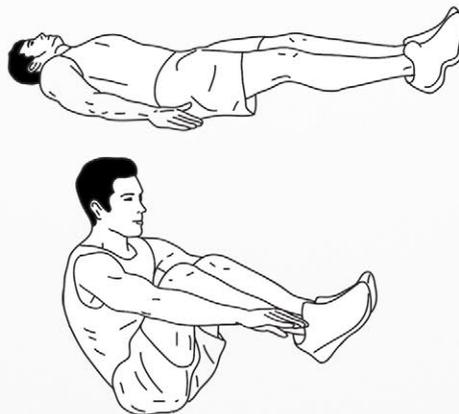
1. long arm crunches



2. reverse crunches



3. cycling crunches



4. modified Vs



6. heel touches

rest between sets: up to 2 minutes

# Bodyweight Workout

**10 reps each**

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



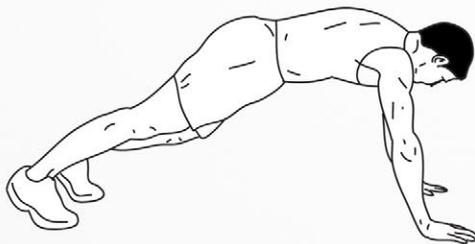
**1.** high knees



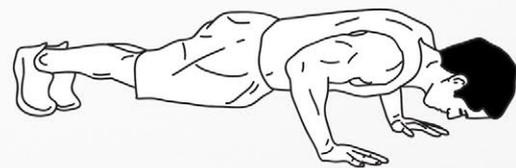
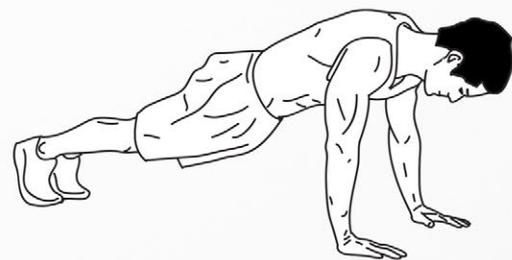
**2.** squats



**3.** lunges



**4.** mountain climbers



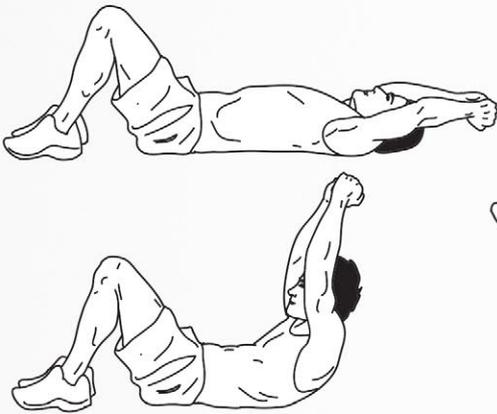
**5.** push-ups

**rest between sets:** up to 2 minutes

# Ab Work

reps: **Level I:** 6 reps **Level II:** 8 reps **Level III:** 10 reps

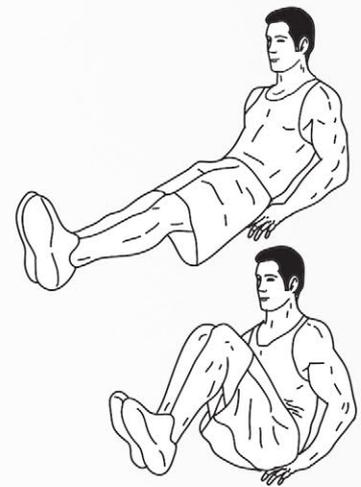
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



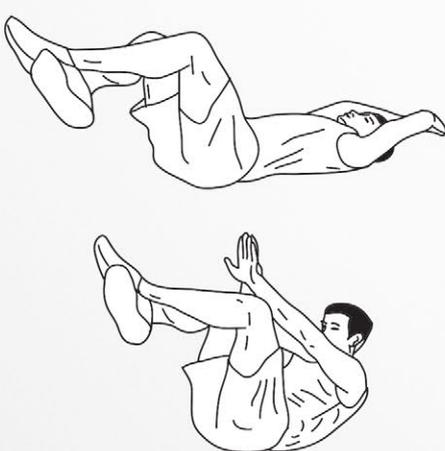
1. long arm crunches



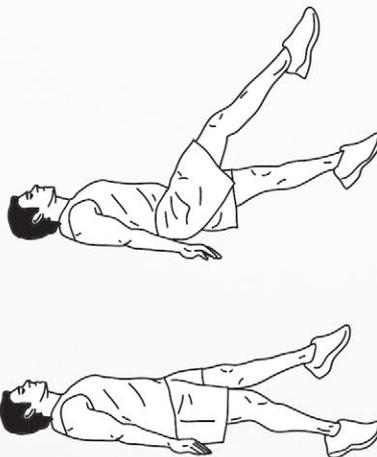
2. Russian twists



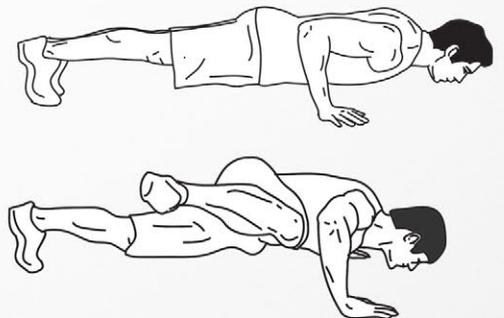
3. leg pull-ins



4. knee crunches



5. flutter kicks

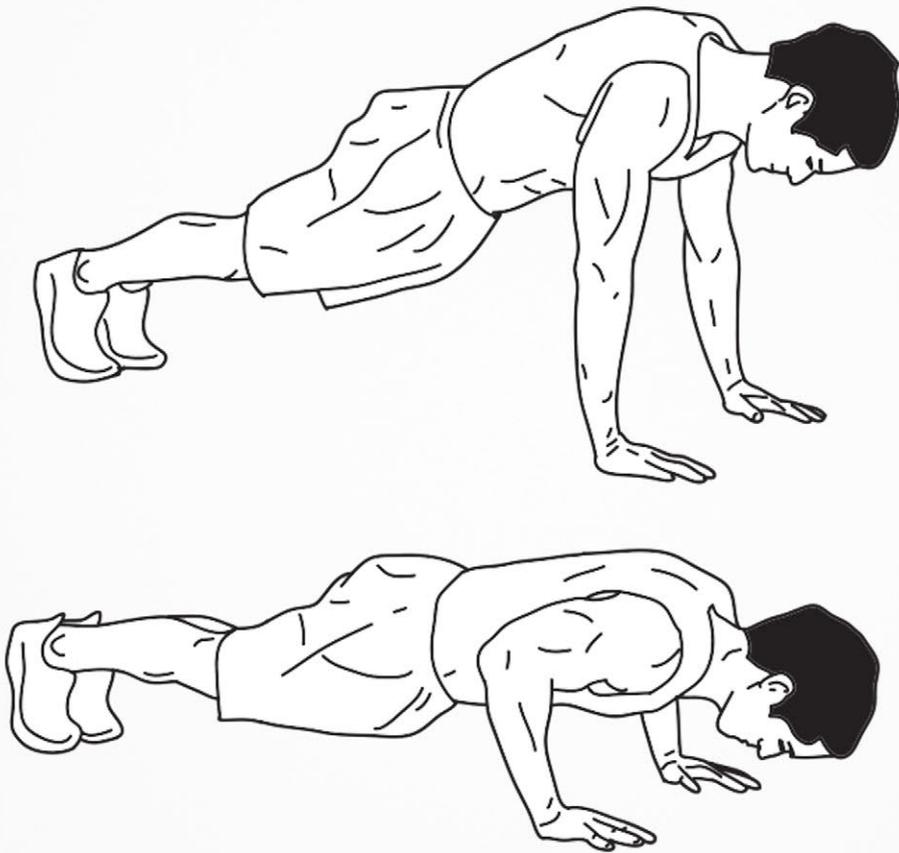


6. spiderman crunches

**rest between sets:** up to 2 minutes

# Challenge

---



# 150 push-ups

[ throughout the day ]

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donate  
a different amount

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