

GET FIT CHALLENGE

* B U Z Z F E E D *

2017

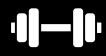


PHOTOGRAPHS BY CHRIS FANNING

THE WORKOUTS

* B U Z Z F E E D *

2017



* I N S T R U C T I O N S *

CHECK OUT THE SCHEDULE TO SEE HOW MANY MINUTES YOU'LL WORK OUT EACH DAY. THEN SET A TIMER AND COMPLETE THE THREE-MOVE CIRCUIT AS MANY TIMES AS YOU CAN IN THAT PERIOD OF TIME.

W O R K O U T **RED**

**Renegade
Row**
5X

**Flutter
Kicks**
5X

**Squat
With Press**
5X

W O R K O U T **BLUE**

Walkout
5X

**Plank
Knee-to-
Elbow
Kickback**
5X

**Reverse
Lunge
With Press**
5X

THE SCHEDULE

* B U Z Z F E E D *

2017



START WITH A 10-MINUTE WORKOUT YOUR FIRST DAY. EVERY OTHER WORKOUT, YOU'LL ADD TWO MINUTES TO YOUR TOTAL WORKOUT TIME.

	DAY 1 RED 10 MINS	DAY 2 BLUE 10 MINS	DAY 3: REST	DAY 4 RED 12 MINS	DAY 5 BLUE 12 MINS	DAY 6: REST
DAY 7: REST	DAY 8 RED 14 MINS	DAY 9 BLUE 14 MINS	DAY 10: REST	DAY 11 RED 16 MINS	DAY 12 BLUE 16 MINS	DAY 13: REST
DAY 14: REST	DAY 15 RED 18 MINS	DAY 16 BLUE 18 MINS	DAY 17: REST	DAY 18 RED 20 MINS	DAY 19 BLUE 20 MINS	DAY 20: REST
DAY 21: REST	DAY 22 RED 22 MINS	DAY 23 BLUE 22 MINS	DAY 24: REST	DAY 25 RED 24 MINS	DAY 26 BLUE 24 MINS	DAY 27: REST
DAY 28: REST	DAY 29 RED 26 MINS	DAY 30 BLUE 26 MINS				

You can start the challenge whenever you want depending on which days you want to exercise and which days you want to take off. For example, if you want to take weekends off, start the challenge on a Monday, so you'll have Wednesday, Saturday, and Sunday as your rest days.

THE MOVES

* WORKOUT *

RENEGADE ROW

1 rep = both sides

RED



* W O R K O U T *

RED



FLUTTER KICKS

1 rep = both sides



* W O R K O U T *

RED



SQUAT **WITH** PRESS



THE MOVES

* WORKOUT *

BLUE



WALKOUT

1 rep =
1 complete
out-and-
back walkout



* W O R K O U T *

BLUE



PLANK KNEE-TO- ELBOW KICKBACK

1 rep = both sides



* WORKOUT *

BLUE



REVERSE LUNGE WITH PRESS

