

TWO WEEK FIT CHALLENGE

Instructions + Weekly Ab Routine

Print or save the Two Week Challenge files. Refer to weekly calendar schedule and corresponding workout schedule.

Each workout will have a video which will be posted to YouTube each morning at 6:00AM EST. Videos will also be posted to Instagram at 10:00AM EST.

Don't forget the 'Rules' :

1. Drink 1 gallon, 3.8 litres of water daily.
2. Eliminate processed sugar
3. Eat healthy meals
4. Do one thing per day for YOU, no matter how small.

**FEEL FREE TO ADJUST WORKOUT TIMES
ACCORDING TO YOUR FITNESS LEVEL.
SHORTER WORKOUT TIMES WILL BE
INCLUDED FOR TIMED WORKOUTS.**

**THE GOAL IS TO CHALLENGE YOURSELF
BUT STAY SAFE!!**

GIVEAWAY DETAILS:
MUST BE 18 YEARS OR OLDER
CAN ENTER VIA YOUTUBE, INSTAGRAM OR BOTH.

YOUTUBE:
SUBSCRIBE TO MY CHANNEL
LIKE 'TWO WEEK FIT CHALLENGE + GIVEAWAY'
VIDEO
COMMENT - ONE THING YOU'VE DONE THAT YOU
WEREN'T ABLE TO DO BEFORE YOU HAD TO STAY
HOME.

#ANfitchallenge

**FB Group : Two Week
#stayhome Challenge**

INSTAGRAM:
FOLLOW ME
LIKE AND TAG A FRIEND ON THE GIVEAWAY
PHOTO (CAPTION WILL ALSO INCLUDE
GIVEAWAY DETAILS)

Weekly Ab Routine -
Repeated 3 times throughout each
week. Refer to weekly calendar and
YouTube videos.

45 seconds each exercise, 15 second rest

Reverse Crunch
Bicycle Crunch
Straight Leg Pulse Crunch
Hip Dip Planks
Spider Man Planks

Corkscrews
In + Outs
Bicycle Variation
Crossbody Mountain Climbers
Side Plank with Twist

TWO WEEK FIT CHALLENGE

Week 1

Day 1 : Weekly Abs + HIIT

Jumping Jacks - 25 seconds
Crossover Jumping Jacks - 25 seconds
Rest - 10 seconds, repeat once more. Total of 2 mins.

Skater Hops with Windmill - 40 seconds
Rest - 5 seconds
Heisman - 40 seconds
Rest - 5 seconds
Pop Squats - 40 seconds
Rest - 5 seconds
High Knees - - 40 seconds
Rest - 5 seconds

Burpees - 30 seconds, Rest - 10 seconds
Touch Down + Jump up - 30 seconds, Rest - 10 seconds
Front hop, 3 hops back - 30 seconds, Rest - 10 seconds
(RIGHT) Lunge to Front Kick - 30 seconds, Rest - 10 seconds
(LEFT) Lunge to Front Kick - 30 seconds, Rest - 10 seconds

Skater Hops - 50 seconds, Rest 10
Burpee with Side Hop - 50 seconds, Rest 10
Mountain Climbers - 50 seconds, Rest 10
Plank with Side Kick - 50 seconds, Rest 10

Day 2 : Weekly Abs + Legs

30 seconds each leg, Rest 15 Seconds - Repeat 3x

Donkey Kicks
Fire Hydrants
Lunge with Knee + Heel Tap
Front to Reverse Lunge
Step ups with Squat Jump
Squat Jumps
Rainbows

30 seconds, Rest 15 seconds - Repeat 3x

Glute Bridge with Abduction
Glute Bridge with Adduction (use exercise ball or a pillow!)

BURNOUT :
50 seconds on, Rest 10 seconds
Open-close Squat to Alternating Jumping Lunges
Sumo Squat Pulses

Day 3 : Lower Abs

50 seconds, Rest 10 Seconds

Scissors
In + Outs
Leg Raise to Toe Taps
Crossbody Mountain Climbers
Froggers
V ups
Jack Knife (RIGHT)
Jack Knife (LEFT)
Bicycle Variation
Reverse Crunch Variation



TWO WEEK FIT CHALLENGE

Week 1

Day 4 : Weekly Abs + Arms

45 Seconds each exercise, 15 second rest

Push up with Shoulder Taps
Shoulder Push ups
Tricep Kickback Pulses
Tricep Dip Toe Tap
Up/Down Planks
Arm Raise Pulses
Arm Circles - Forward
Arm Circles Reverse

Tricep Bows
Push ups
Walking Plank
Table Top Reach
Side Push up (RIGHT)
Side Push up (LEFT)
Crab with Alternating Kicks

Day 5 : HIIT ABS

45 Seconds each exercise, 15 second rest

High Knees
Heismans
Shuffle Crunch
Squat Twist
Standing Single Leg Crunch (RIGHT)
Standing Single Leg Crunch (LEFT)

Standing Crossbody Crunch
Plank Ski Hops
Standing Oblique Crunch (RIGHT)
Standing Oblique Crunch (LEFT)
High Knees
Heismans

Day 6 : HIIT Workout

50 seconds, Rest 10 Seconds

Alternating Jumping Lunges
Jumping Jacks with Power Jack
Squat Jumps
High Knees
Lateral Lunge Toe Tap

REST 60 & Repeat

30 seconds, Rest 15 seconds

Burpee to high knees
Side Hops
Groiners
Side Shuffle Touch



TWO WEEK FIT CHALLENGE

Week 2

Day 1 : Weekly Abs + Back

45 Seconds each exercise, 15 second rest
REPEAT for total of 2 sets.

Lying Back Extensions
Swimmers
Reverse Plank
Superman

Superman with Rotation (RIGHT)
Superman with Rotation (LEFT)
Superman with Alternating Rotation
Back Extension with Lat Pull
Back Pulses
Swimmers

Day 2 : HIIT

45 Seconds each exercise, 15 second rest

180 Squat Jumps
Lateral Lunge to Curtsy Lunge (RIGHT)
Lateral Lunge to Curtsy Lunge (LEFT)
Skater Hops with Woodchop
Plank Jacks

30 seconds each exercise, 30 second rest

Plank Ski Hops
Standing Oblique Crunch (RIGHT)
Standing Oblique Crunch (LEFT)
High Knees
Heismans

REST up to 2 minutes & REPEAT for a total of 3 sets.

Day 3 : Weekly Abs + Upper Body

Resistane bands, dumbbells or
weighted household items needed

15 reps or each exercise (each arm if applicable), 20 -
30 second rest - 3 sets each.

Front Raise to Lateral Raise
Bentover Rows
Tricep extensions
Bicep Curls
Hammer Curls

External Rotation
Pull aparts
Single Arm Reverse Flies (RIGHT)
Single Arm Reverse Flies (LEFT)
Tricep Extension Variation



TWO WEEK FIT CHALLENGE

Week 2

Day 4 : Leg Burnout

Chair, sofa or equivalent needed

45 seconds each exercise, 15 second rest

Forward Lunges (RIGHT)
Forward Lunges (LEFT)
Reverse Lunges (RIGHT)
Reverse Lunge (LEFT)
Bulgarian Split Squats (RIGHT)
Bulgarian Split Squat (LEFT)

Sumo Squat Pulses
Curtsy Lunge (RIGHT)
Curtsy Lunge (LEFT)
Squat Pulses

Standing Leg Abduction with Pulse (RIGHT)
Standing Leg Abduction with Pulse (LEFT)
Glute Bridges
Glute Bridge Hold

Step ups (elevated or not)
Knee Circle Variation (RIGHT)
Knee Circle Variation (LEFT)
Leg Lift Pulses (RIGHT)
Leg Lift Pulses (LEFT)

BURNER - Wall Squat - 60 seconds

Day 5 : Weekly Abs + HIIT

45 Seconds each exercise, 15 second rest

Skater Hops
Heisman
High Knees
Shuffle touches
Crossover Squat Jumps

REST - 60 Seconds

Reverse Lunge with Lunge with Leg Raise (RIGHT)
Reverse Lunge with Leg Raise (LEFT)
Single Leg Lunge Jump with High Knee (RIGHT)
Single Leg Lunge Jump with High knee (LEFT)
Squat with Twist

REST - 60 Seconds

30 seconds each exercise, 30 second rest

Burpees
Plank to High Knees
Tuck Jumps

REST up to 2 minutes & REPEAT for a total of 2 sets.

Day 6 : Planks

40 seconds each exercise, 20 second rest

Plank
Plank with Hip Dip
Crossbody kick Plank
Side Plank Crunch (RIGHT)
Side Plank Crunch (LEFT)
Side Plank dips (RIGHT)
Side Plank Dips (LEFT)

Plank Corkscrew
Plank with Leg Raises
Plank with Shoulder Taps
Downward Dog to Knee Tuck (RIGHT)
Downward Dog to Knee Tuck (LEFT)

OPTIONAL - Can repeat for a total of 2 sets



Week ONE

NOTES

'RULES'

1. Drink 1 Gallon of water a day (3.8 Litres)
2. No processed sugar!!
3. Eat Healthy meals - whatever style you want just make it healthy
4. Do ONE thing a day for YOU. Could be super simple but has to be for you! (Meditate, read your favorite book, take a bubblebath, etc.)

Join the FB Group :
Two Week #stayhome
Challenge

Use the Hashtag :
#ANfitchallenge

WEDNESDAY

Day 3:
Lower Abs(10 MINS)

TUESDAY

Day 2:
Weekly Abs(10 MINS) +
LEGS(20 MINS)

MONDAY

Day 1:
Weekly Abs(10 MINS) +
HIIT(25 MINS)

SAT / SUN

Day 6:
HIIT (28 MINS)

Day 7:
Stretching + Active Rest

FRIDAY

Day 5:
HIIT Abs(12 MINS)

THURSDAY

Day 4:
Weekly Abs(10 MINS) +
Arms (30 MINS)



Week TWO

NOTES

'RULES'

1. Drink 1 Gallon of water a day (3.8 Litres)
2. No processed sugar!!
3. Eat Healthy meals - whatever style you want just make it healthy
4. Do ONE thing a day for YOU. Could be super simple but has to be for you! (Meditate, read your favorite book, take a bubblebath, etc.)

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<p>MONDAY</p> <p>Day 1: Weekly Abs(10 MINS) + BACK (20 MINS)</p>	<p>TUESDAY</p> <p>Day 2: HIIT (30 MINS)</p>	<p>WEDNESDAY</p> <p>Day 3: Weekly Abs(10 MINS) + Upper Body</p>
<p>THURSDAY</p> <p>Day 4: Leg Burnout (20 MINS)</p>	<p>FRIDAY</p> <p>Day 5: Weekly Abs(10 MINS) + HIIT (30 MINS)</p>	<p>SAT / SUN</p> <p>Day 6: Planks (12 - 24 MINS)</p> <hr/> <p>Day 7: Stretching + Active Rest</p>