

#simplefitnessin21days

21 DAY CHALLENGE



It takes 21 days to form a habit. So try this FREE 21 day Simple Fitness Challenge today and start to make a change in your life for the better.

All exercises are under 20 mins per day - so its totally achievable!

For added accountability, use [#simplefitnessin21days](#) on Facebook or Twitter and get others to join you!

The following pages contain the 21 days workouts....enjoy!



Day 1

Nice and easy.

Just go for a 10 min walk. It can be anywhere.... even in your house if the weather is being unkind.

Use the stairs at work or at home. Go anywhere!

You may find that you want to walk for longer, thats great. Go for it!

Day 2

Its arms today.

These exercises are super important and you will enjoy the results.

Check out the pic for what you need to do and watch the videos below if you don't know what to do.

You will need hand weights, if you don't own any - please use large cans of food or bottles of water.

Bicep Curls: [Click here for video](#)

Tricep Dips: [Click here for video](#)

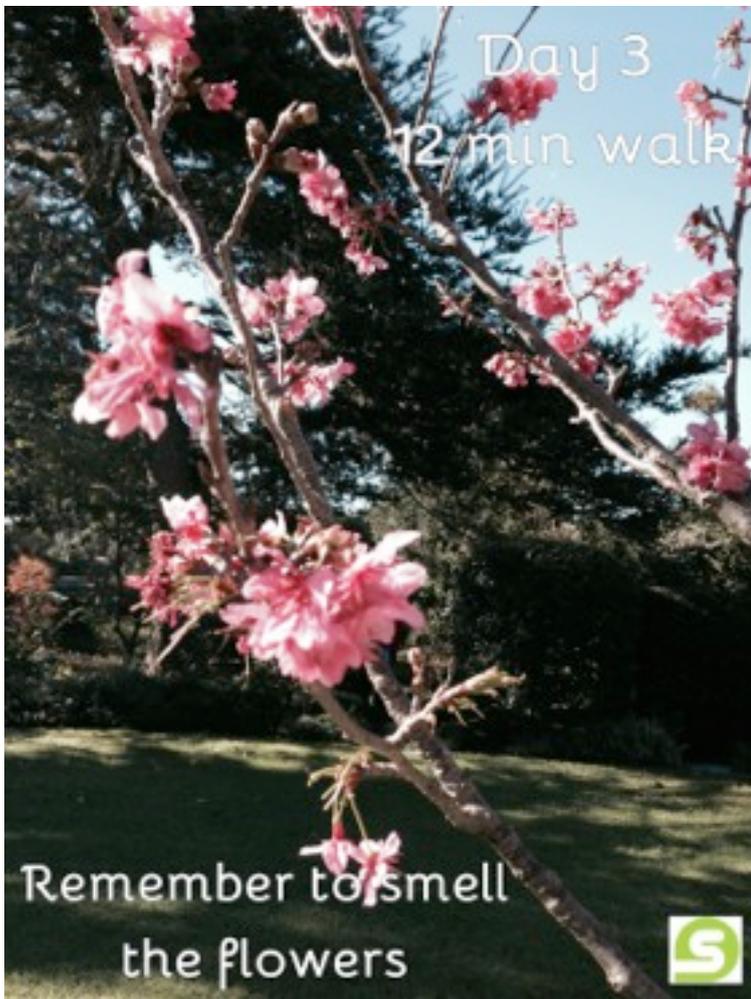
Push ups on knees: [Click here for video](#)

Shoulder press: [Click here for video](#)

Always warm up before attempting any exercise, so if you need an idea on what to do to warm up...check [this video out](#).

Its just 10 mins - go for it!





Day 3

Increasing your walk by 2 mins today. A total of 12 mins.

Get outside if you can and literally smell the flowers (roses). Think about what you are doing and why.

Lock the 12 mins into your diary if you need to, like an appointment.

Turn your 'should' into a must.

Day 4

Its abs day! An easy 10 mins you can do anywhere.

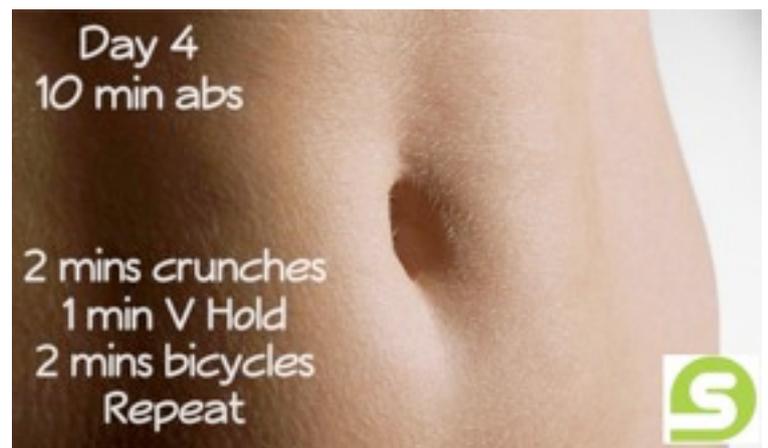
Remember to please warm up before doing these exercises.

For more info on how to do a crunch (this is not a sit up!) click below:
[Video here.](#) (put your feet on the floor, flat)

For a V hold click here (a fave of mine):
[Video here.](#)

For the classic bicycles...
[Video here.](#)

Then repeat for a total of 10 mins. This workout uses so many muscles in your tummy, there are something like 26 muscles in there! Its easy and fast.





Day 5

We are up to a 15 min walk!

As it says, take the kids or in fact borrow some...!

Have a dog? or even a neighbours dog? I am sure they would love a 15 min walk.

Again, if the weather is yuck, do it inside. Timer is on! GO!

Day 6

We all want great pins don't we? This great exercise is easy and fast.

Its a 10 min session compiling of squats (the best ever exercise), step ups, lunges, skipping and a wall sit.

Building up our leg strength will help with your walking (and eventually running) and also day-to-day movement.

Reminder: Always warm up prior to doing any exercise.

Videos are here if you need a hand:

Squat: [Video here.](#)

Step ups (use your back step or a park bench): [Video here.](#)

Lunges (1 min each leg): [Video here.](#)

For the skipping part, if you don't own a rope (they are just \$3 from kmart) you can 'virtual skip' without one.

Wall sit: [Video here.](#)

Then have a really good stretch. Check out this vid for your legs: [Video here.](#)





Day 7

We are upping the challenge to 18 mins today.

Put your comfy shoes or runners on and go for it!

Try this mantra whilst you walk:

“Every day I am getting stronger and stronger”

Repeat it and believe it. Because its true!

Day 8

What can I say? This day is about 20 min of ‘something’ that will make you SWEAT.

Oh, remember to warm up too!

You need to get all puffed out, sweaty and gross for just 20 mins. What can you do?

There are so many things you can do here....

...run around like crazy!

...skipping!

...boxing!

...Zumba!

...burpees!

...whatever! As long as you SWEAT.

Yes you can shower afterwards.



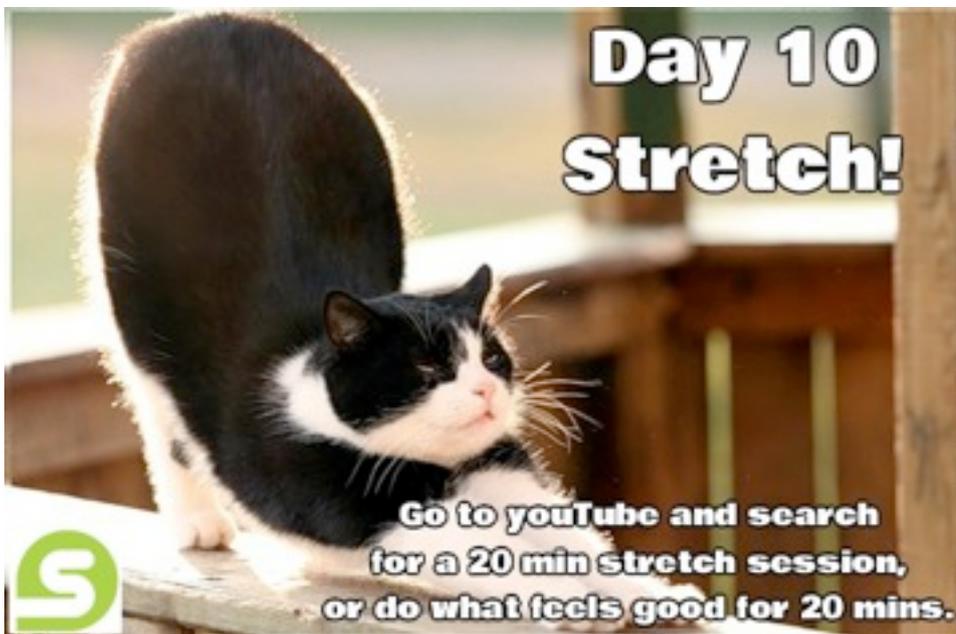


Day 9

We are officially up to 20 mins of walking - it doesn't get much harder than this.

So go for it!

Whilst you are out there...look for the 'little' things that make you happy. We tend to focus on the bad bits first. Swap it around.



Day 10

We simply don't stretch enough and we all know we should do it!

So today thats exactly what you are going to do.

STRETCH.

You know what feels good, so do it!

If you want to try some stuff, there is a ton of stuff on the net...surf away and STTRREETTCCHH!

Day 11

We have upped the arm workout to 15 mins!

As usual, remember to warm up before starting these exercises.

As a reminder, here are the videos if you need a hand.

Push ups: [Click for video](#)

Bicep curls: [Click for video](#)

Tricep dips: [Click for video](#)

They can be done anywhere, even in your lunch break!



Day 12

On your 20 min walk...take each step whilst reminding yourself that you deserve this.

Yes if the weather is bad, do it inside, on a treadmill or on the stairs. Plug in your music and go for it!

Day 13

Its abs day!

A very easy 1 min on each exercise, it will fly by!

Here are your videos in case you don't know what the exercise it (if it is the first time you have done this, well done!)

Crunches: [Video here](#)

Bicycles: [Video here](#)

Plank on knees: [Video here](#)

Plank on toes: [Video here](#)

V hold: [Video here](#)

Please warm up before you do this exercise!



Day 14

A 20 min walk! 2 weeks in and you are going great!

Focus on the great stuff going on in your life on this walk. Feel the gratitude and feel warm inside...



Day 15

Another great leg workout. Tone your tush at the same time!

Reminder: Please warm up before you try this.

Click below for the vids:

Lunges: [Video here](#)

Jump squats: [Video here](#)

Step ups: [Video here](#)

Ball of feet walk: No video required, do exactly that. You will feel it in your calves.

Day 16

Yep you got it - another SWEAT day!

So do anything that you are going to SWEAT doing... what will you do?

Even if you have to stay inside, use youTube to your advantage and find something.

Do it!

p.s Remember to warm up





Day 17

Just 20 mins, pop your trainers on and go for it.

Whilst you are out there, remind yourself how much better you feel about doing this.

Save that feeling for those days you don't want to do it...then remember!

Day 18

Be like cat. Stretch.

For 20 mins today, listen to some music and stretch your muscles. Yes it will feel good and yes you will enjoy it.





Day 19
15 min arm workout



2 min shoulder press
2 min tricep kick-backs
2 min bicep curls
1 min push ups
Repeat
Last minute - stretch

Day 19

Your arms are loving this. Here we go on the last arm workout of the challenge...

Swapping tricep dips for tricep kickbacks this time. p.s Your triceps are the bits you want to work to get rid of the wobbly bits on your arms...

Always warm up as usual.

Shoulder press: [Video here](#)

Tricep kick-backs: [Video here](#)

Bicep curls: [Video here](#)

Push ups: [Video here](#)

We are so close to the end! You are doing so well!



Day 20
20 min walk



Notice the beauty around you.

Day 20

Your last 20 min walk of the challenge - but it doesn't mean you stop here... your new habit is practically set!

Keep going till tomorrow and notice the beauty around you.



Day 21

Get amazing abs with this easy workout. If you did this daily, your tummy would look fantastic! Plus your back would not ache as your core strength would be better.

Remember to warm up!

Videos below:

Crunches: [Video here](#)

Bicycles: [Video here](#)

Bridge Holds: [Video here](#)

Leg up crunches: [Video here](#)

Plank knees: [Video here](#)

Plank toes: [Video here](#)

You did it! Congrats!

You now have a new habit...!

Did you tell everyone you did it on social media using [#simplefitnessin21days](#) ? Do it now and share the love.

If you wish to continue doing new challenges, getting fit and staying fit - head to www.simplefitness.com.au and join in on any of our online and physical programs.

Love Emma xx

