

2 week fitness challenges if stuck at home

Yoga: <https://www.youtube.com/watch?v=b1H3xO3x Js&safe=active>

Pilates:

<https://www.youtube.com/watch?v=oQYBFhPbslw&safe=active>

<https://www.youtube.com/watch?v=03PFoL6JvQg&safe=active>

<https://www.youtube.com/watch?v=b4CFIz4erqw&safe=active>

Home HIIT workouts: - Joe Wicks. Body Coach

<https://www.youtube.com/watch?v=q20pLhdoEoY&safe=active>

<https://www.youtube.com/watch?v=TkaYafQ-XC4&list=RDCMUCAxW1XT0iEJo0TYIRfn6rYQ&index=2&safe=active>

<https://www.youtube.com/watch?v=ml6cT4AZdql&safe=active>

Spotify workouts

<https://open.spotify.com/track/2bpb6UCVYIVZyCwEDju2c4?si=qFbp7QnwRHGXPSJh78uOQ>

Challenges

Press up challenge



| | |
|---------------------------|---------------------------|
| DAY 1 5 Push-Ups | DAY 16 31 Push-Ups |
| DAY 2 7 Push-Ups | DAY 17 33 Push-Ups |
| DAY 3 9 Push-Ups | DAY 18 35 Push-Ups |
| DAY 4 11 Push-Ups | DAY 19 37 Push-Ups |
| DAY 5 13 Push-Ups | DAY 20 39 Push-Ups |
| DAY 6 15 Push-Ups | DAY 21 41 Push-Ups |
| DAY 7 REST DAY | DAY 22 REST DAY |
| DAY 8 17 Push-Ups | DAY 23 43 Push-Ups |
| DAY 9 19 Push-Ups | DAY 24 45 Push-Ups |
| DAY 10 21 Push-Ups | DAY 25 47 Push-Ups |
| DAY 11 23 Push-Ups | DAY 26 49 Push-Ups |
| DAY 12 25 Push-Ups | DAY 27 51 Push-Ups |
| DAY 13 27 Push-Ups | DAY 28 53 Push-Ups |
| DAY 14 29 Push-Ups | DAY 29 57 Push-Ups |
| DAY 15 REST DAY | DAY 30 60 Push-Ups |

NOTE: Depending on your fitness level, you can break them into sets throughout your day.

Sit up challenge

| Week | 1. Half sit-up | 2. Standard sit-up | 3. Twisted sit-up | 4. Weighted sit-up |
|------|----------------------------------|---------------------------------|---------------------------------|---------------------------------|
| | | | | |
| Mon | 1 - 3 sets x sit-ups 30 seconds* | 1 - 3 sets x sit-ups 30 seconds | 1 - 3 sets x sit-ups 30 seconds | 1 - 3 sets x sit-ups 30 seconds |
| Tue | 1 - 3 sets x sit-ups 30 seconds | 1 - 3 sets x sit-ups 30 seconds | 1 - 3 sets x sit-ups 30 seconds | 1 - 3 sets x sit-ups 30 seconds |
| Wed | 2 - 4 sets x sit-ups 45 seconds | 2 - 4 sets x sit-ups 45 seconds | 2 - 4 sets x sit-ups 45 seconds | 2 - 4 sets x sit-ups 45 seconds |
| Thu | 2 - 4 sets x sit-ups 45 seconds | 2 - 4 sets x sit-ups 45 seconds | 2 - 4 sets x sit-ups 45 seconds | 2 - 4 sets x sit-ups 45 seconds |
| Fri | Rest day | Rest day | Rest day | Rest day |
| Sat | 3 - 5 sets x sit-ups 60 seconds | 3 - 5 sets x sit-ups 60 seconds | 3 - 5 sets x sit-ups 60 seconds | 3 - 5 sets x sit-ups 60 seconds |
| Sun | 3 - 5 sets x sit-ups 60 seconds | 3 - 5 sets x sit-ups 60 seconds | 3 - 5 sets x sit-ups 60 seconds | 3 - 5 sets x sit-ups 60 seconds |

Plank challenge

To do the challenge, hold your plank for the time that corresponds to your day of the challenge. The time increases by 10 seconds each day, starting with 10 seconds for the first day.

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|--------------------------------------|---|---|---|---|
| Day 1: 10 seconds | Day 2: 20 seconds | Day 3: 30 seconds | Day 4: 40 seconds | Day 5: 50 seconds |
| Day 6: 1 minute! (60 seconds) | Day 7: 70 seconds | Day 8: 80 seconds | Day 9: 90 seconds | Day 10: 100 seconds |
| Day 11: 110 seconds | Day 12: 2 minutes! (120 seconds) | Day 13: 130 seconds | Day 14: 140 seconds | Day 15: 150 seconds |
| Day 16: 160 seconds | Day 17: 170 seconds | Day 18: 3 minutes! (180 seconds) | Day 19: 190 seconds | Day 20: 200 seconds |
| Day 21: 210 seconds | Day 22: 220 seconds | Day 23: 230 seconds | Day 24: 4 minutes! (240 seconds) | Day 25: 250 seconds |
| Day 26: 260 seconds | Day 27: 270 seconds | Day 28: 280 seconds | Day 29: 290 seconds | Day 30: 5 minutes! (300 seconds) |