

21 DAY CHALLENGE

Monday	Tuesday	Wednesday	Thursday	Friday
ARMS & ABS	CARDIO	LEGS & GLUTES	CARDIO	REST
	Saturday	Sunday		
	TOTAL BODY	ACTIVE RECOVERY		

Instructions:

- Do a 5 min cardio warmup
- Set a 4 minute timer & complete as many rounds of the circuit as possible
- Take a 30 second break between Timers (and a 1 minute break halfway through)
- Alternate Strength & Speed for 6 rounds (24 minutes)
- Stretch for at least 5 min at the end!

Remember to tag @jesstakimotofitness in your sweaty post-workout selfies on Insta!

Jess Takimoto
FITNESS

LEGS & GLUTES - 1

Circuit A - Strength

12x Curtsey Lunge

(each side)

15x Squat Jump

15x Lateral Lunge

30sec Wall Sit hold

Circuit B - Speed

10x Knee Up Jump

Lunge (each side)

20x Plank Jack

15x Alt. Jump Lunges

30x Jumping Jack

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ARMS & ABS - 1

Circuit A - Strength

15x Leg Raise

15x Pushup

10x Oblique Dip
(each side)

30sec Plank hold

Circuit B - Speed

30x Shark Jacks

25x Mountain Climber

15x Burpee

30x High Knees

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TOTAL BODY- 1

Circuit A - Strength

12x Alt. Forward Lunge
(each side)
15x Tuck Ins
15x Squat Press
10 Tricep Pushup

Circuit B - Speed

15x Squat Jump
15x Tuck Jump
15x Burpee
30x High Knees

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LEGS & GLUTES - 2

Circuit A - Strength

12x Knee Up Lunge
(each side)

25x Calf Raise

15x Alt. forward lunge

25x Squat Pulse

Circuit B - Speed

30x In-Out Squat Jump

25x Mountain Climber

15x Burpee

30x High Knees

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ARMS & ABS - 2

Circuit A - Strength

15x Tuck In

10x Tricep Pushup

10x Oblique Dip (each side)

12x Lay Down Pushup

Circuit B - Speed

30x Jumping Jack

20x Plank Jack

15x Skater

30x High Knees

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TOTAL BODY- 2

Circuit A - Strength

12x Curtsey Lunge
(each side)

15x Leg Raise

15x 180 Squat Jump

10x Commando

Circuit B - Speed

15x Alt. Jump Lunge

15x Tuck Jump

30x Shark Jack

15x Burpee

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LEGS & GLUTES - 3

Circuit A - Strength

12x Alt. lateral lunge
12x Single-Leg Calf
Raise (each side)
15x Alt. jump lunge
15x Sumo Squat

Circuit B - Speed

15x Ski Jump
15x Burpee
15x Plank Jack
15x Squat to tuck jump

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ARMS & ABS - 3

Circuit A - Strength

12x Tricep Pushup

15x Leg Raise

12x Lay Down Pushup

30 sec. Plank Hold

Circuit B - Speed

30x Jumping Jack

20x Mountain Climber

15x Pushup

30x High Knees

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TOTAL BODY- 3

Circuit A - Strength

12x Burpee

15x Leg Raise

15x Squat Jump

10x Commando

Circuit B - Speed

15x Alt. Jump Lunge

30x Shark Jack

15x Tuck Jump

30x High Knees

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