



90 days of action

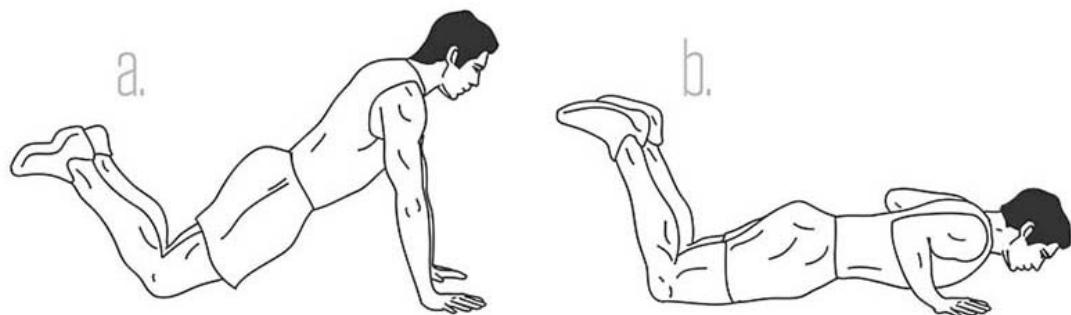
Neila Rey

#90daysofaction

Levels & Difficulty

Each workout of each day has three levels of difficulty: I, II and III. If you are new to exercise or you haven't done any training in a long while you should start this program on Level I. Level III is the hardest level of difficulty and can be pretty challenging to complete.

Note: If you can't do more than two consecutive push-ups, perform *knee push-ups* instead of push-ups during the course of this program:



Before You Start

Look over the workout for the day and make sure you understand all of the exercises illustrated so it doesn't slow you down once you have started. If you are not sure how to perform an exercise, Google it.

Download a stopwatch app for your mobile or find a kitchen timer for workouts that require you to time the exercises (e.g. planks) and for challenges.



- **cheat meal**

You can have anything you want – once during the day.

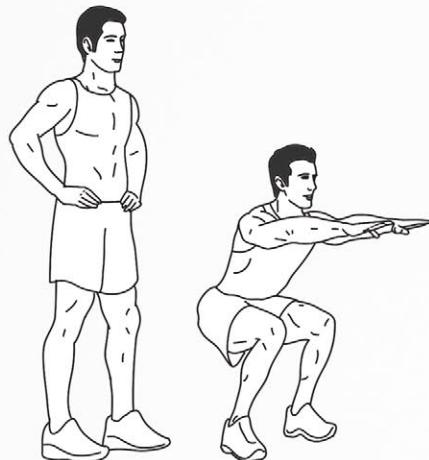
Workout Log

1. Bodyweight	2. Cardio	3. Abs	4. Strength	5. Stretching	6. Challenge
7. Cardio	8. Abs	9. Bodyweight	10. Stretching	11. Cardio 	12. Abs
13. Bodyweight	14. Challenge	15. Stretching	16. Strength	17. Abs	18. Cardio
19. Bodyweight	20. Stretching	21. Endurance	22. Abs	23. Cardio 	24. Bodyweight
25. Stretching	26. Strength	27. Abs	28. Challenge	29. Cardio	30. Stretching
31. Strength	32. Abs	33. Challenge	34. Cardio	35. Stretching	36. Abs
37. Strength	38. Endurance	39. Cardio	40. Stretching	41. Abs	42. Cardio 
43. Abs	44. Cardio	45. Stretching	46. Strength	47. Challenge	48. Bodyweight
49. Abs	50. Stretching	51. Cardio 	52. Abs	53. Endurance	54. Bodyweight
55. Stretching	56. Cardio	57. Abs	58. Challenge	59. Endurance	60. Stretching
61. Cardio 	62. Strength	63. Abs	64. Bodyweight	65. Stretching	66. Challenge
67. Cardio	68. Abs	69. Strength	70. Stretching	71. Cardio 	72. Abs
73. Bodyweight	74. Endurance	75. Stretching	76. Cardio	77. Strength	78. Challenge
79. Abs	80. Stretching	81. Abs	82. Bodyweight	83. Endurance	84. Challenge
85. Stretching	86. Cardio 	87. Abs	88. Bodyweight	89. Abs	90. Challenge

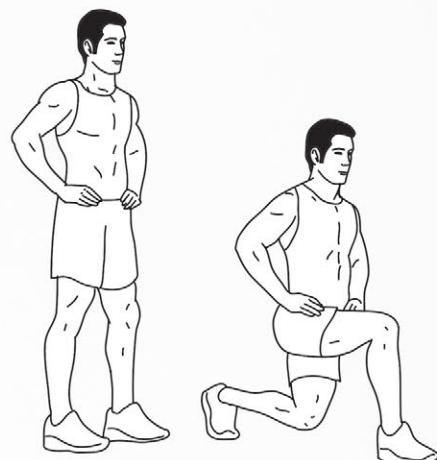
Bodyweight Workout

10 reps each

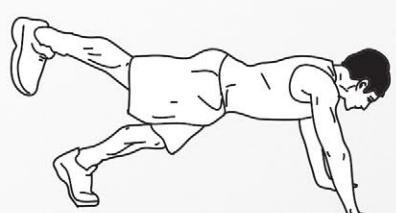
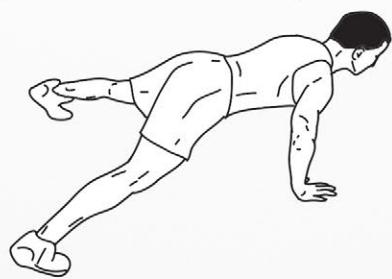
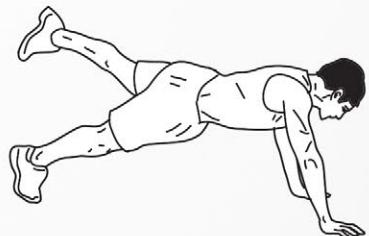
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



1. squats



2. forward lunges



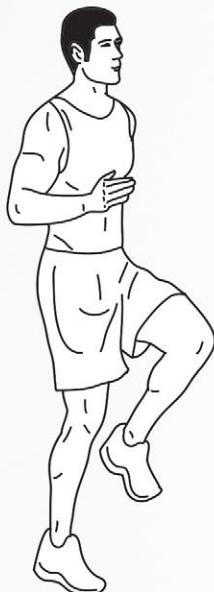
3. plank jump-ins

4. plank jacks

5. plank leg raises

rest between sets: up to 2 minutes

Cardio Workout



10 reps high knees

10 reps mountain climbers

20 reps high knees

20 reps mountain climbers

30 reps high knees

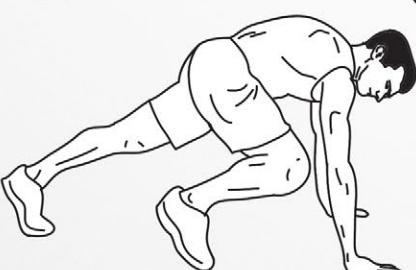
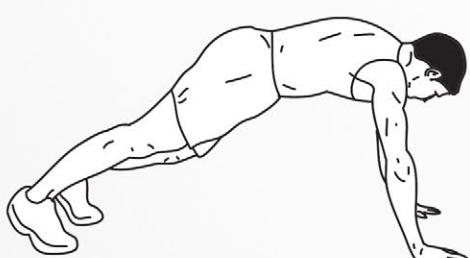
30 reps mountain climbers

20 reps high knees

20 reps mountain climbers

10 reps high knees

10 reps mountain climbers



LEVEL I: 3 sets

LEVEL II: 5 sets

LEVEL III: 7 sets

rest between sets:
up to 3 minutes

Ab Work

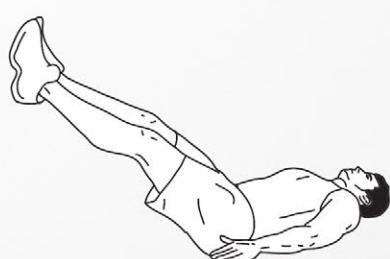
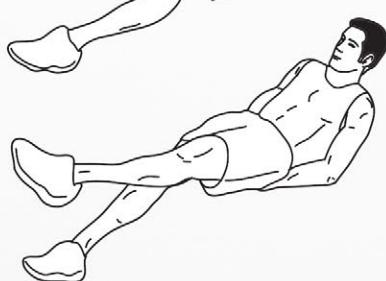
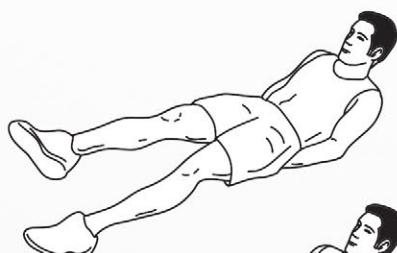
reps: Level I: 6 reps Level II: 8 reps Level III: 10 reps

sets: Level I: 3 sets Level II: 5 sets Level III: 7 sets



1. knee crunches

2. Russian twists



3. flutter kicks

4. scissors

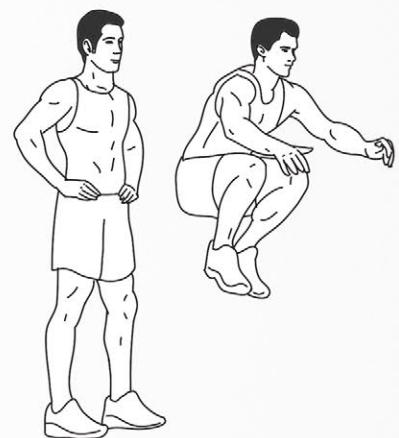
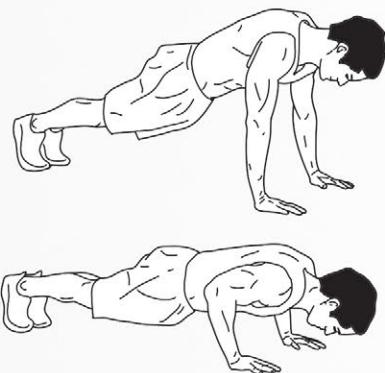
5. leg raises

rest between sets: up to 2 minutes

Strength Workout

reps: Level I: 4 reps Level II: 6 reps Level III: 10 reps

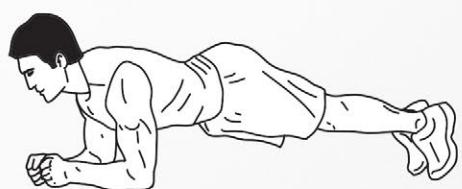
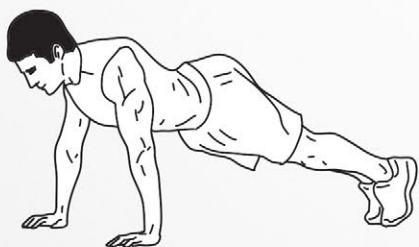
sets: Level I: 4 sets Level II: 6 sets Level III: 8 sets



1. push-ups

2. tricep dips

3. jump squats

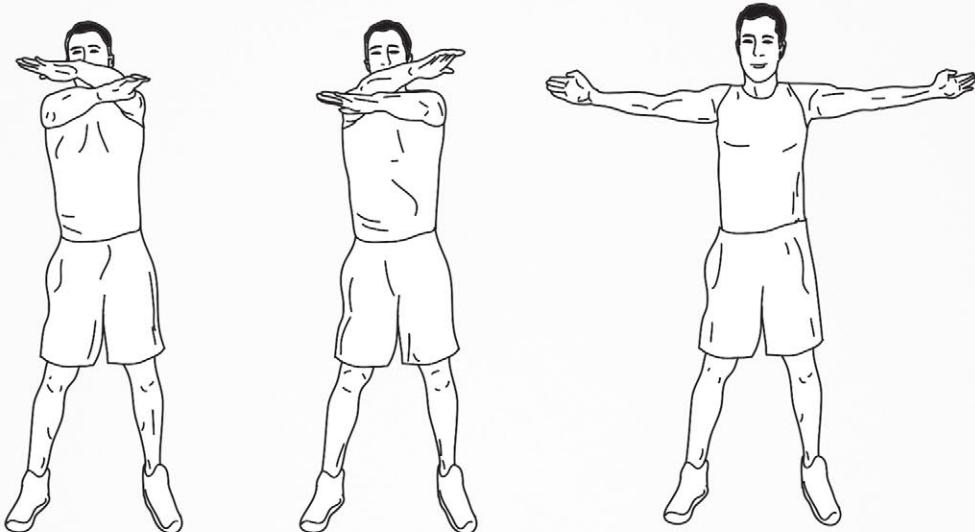


4. moving plank

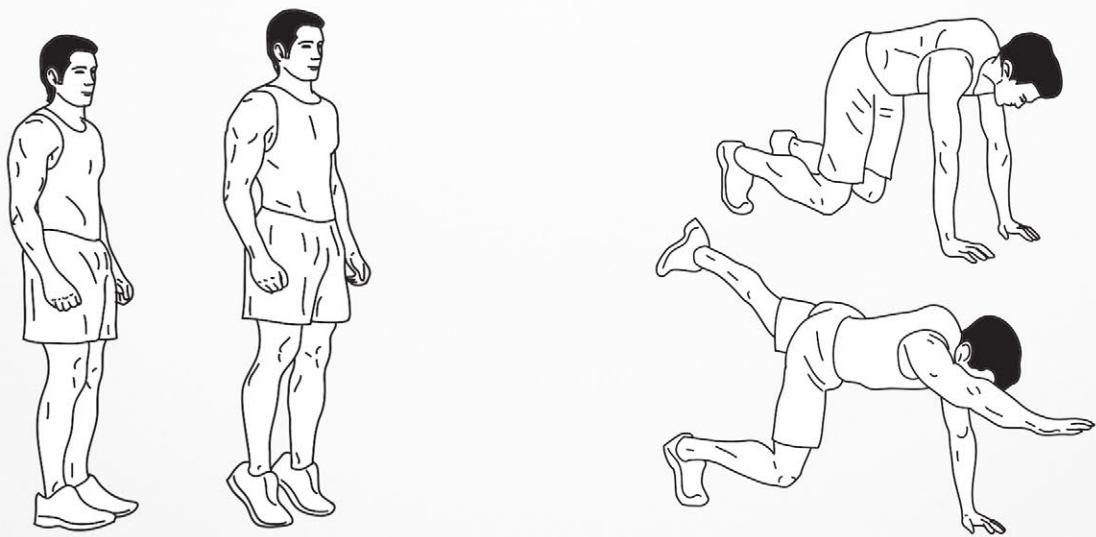
rest between sets: up to 2 minutes

Stretching

20 reps each | 3 sets | 60 seconds rest between sets



1. criss-cross chest expansions

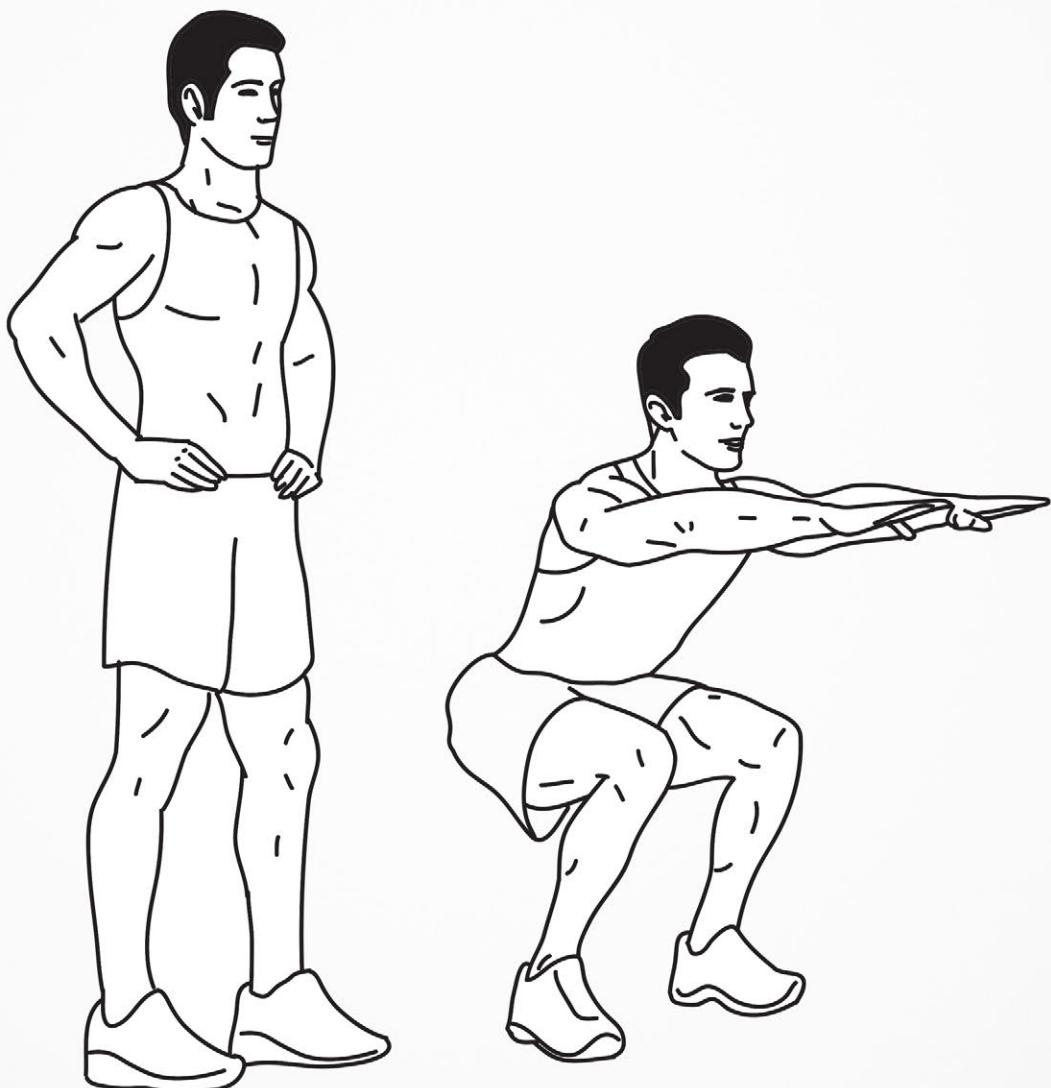


2. calf raises

3. cat stretches

EXTRA walk 2 miles [3 km]

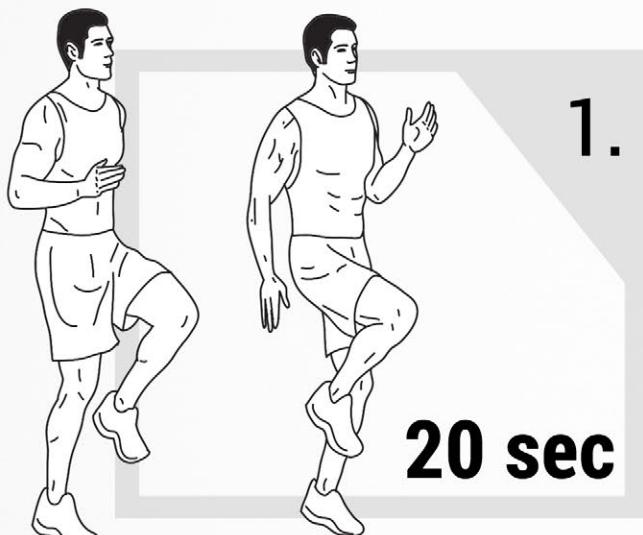
Challenge



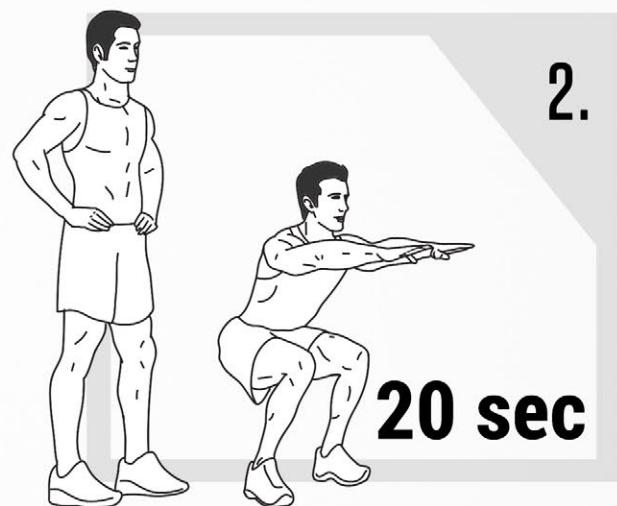
100 squats
[throughout the day]

Cardio Workout

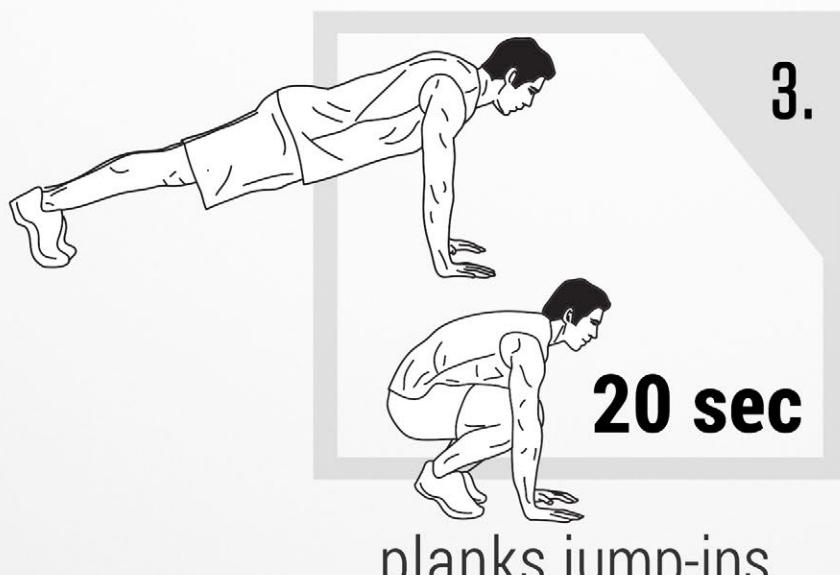
Level I 5 rounds Level II 10 rounds Level III 15 rounds
1 minute rest between rounds



high knees



squats

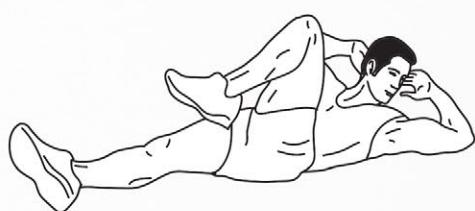
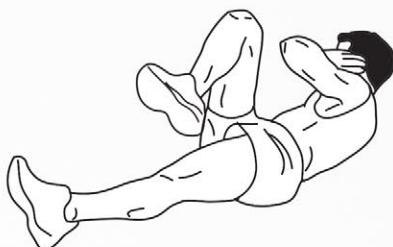
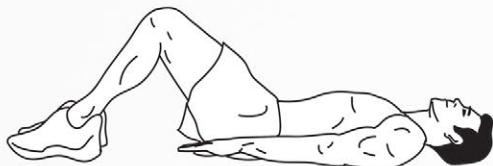


planks jump-ins

Ab Work

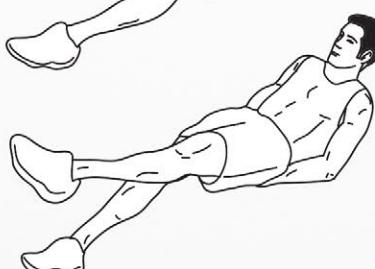
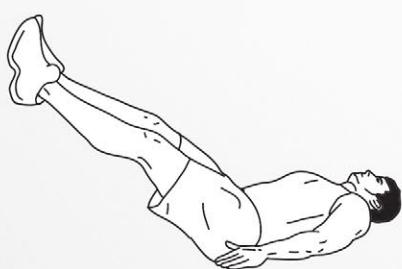
reps: **Level I:** 6 reps **Level II:** 8 reps **Level III:** 10 reps

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets

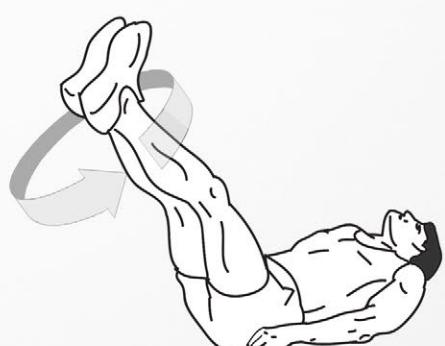


1. sit-ups

2. cycling crunches



3. leg raises



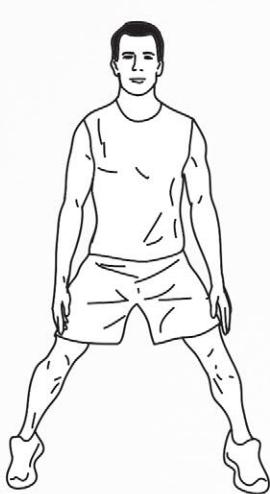
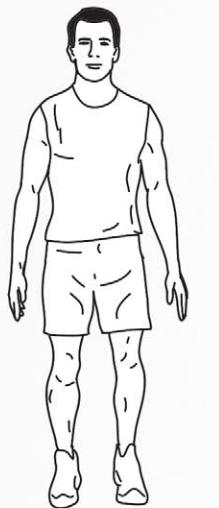
4. scissors

5. raised leg circles

rest between sets: up to 2 minutes

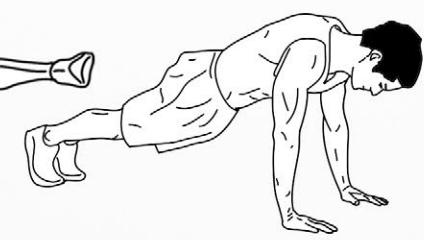
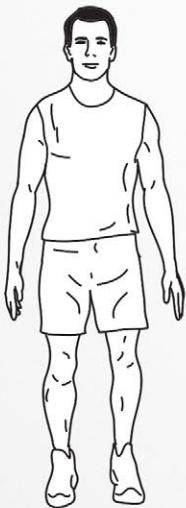
Bodyweight Workout

sets: Level I: 3 sets Level II: 5 sets Level III: 7 sets



1) 30 half jacks

2) 20 squats



3) 40 leg raises

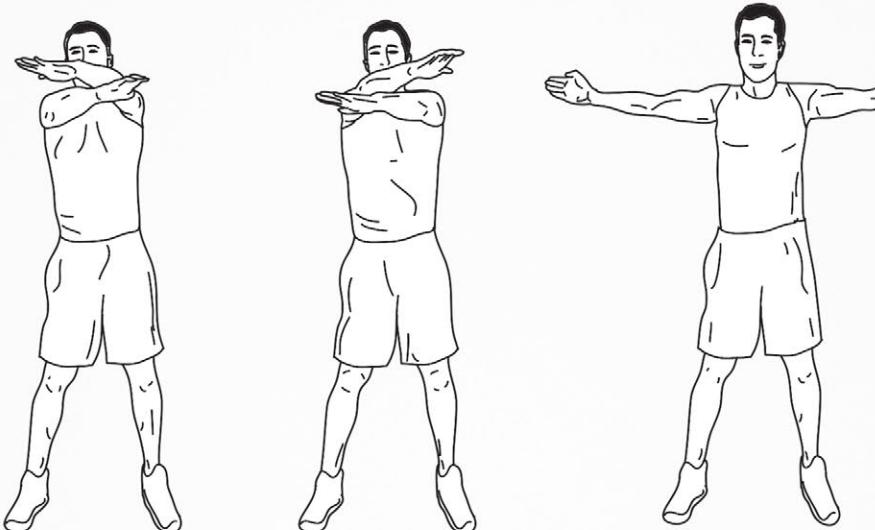
4) 6 push-ups

5) 20 lunges

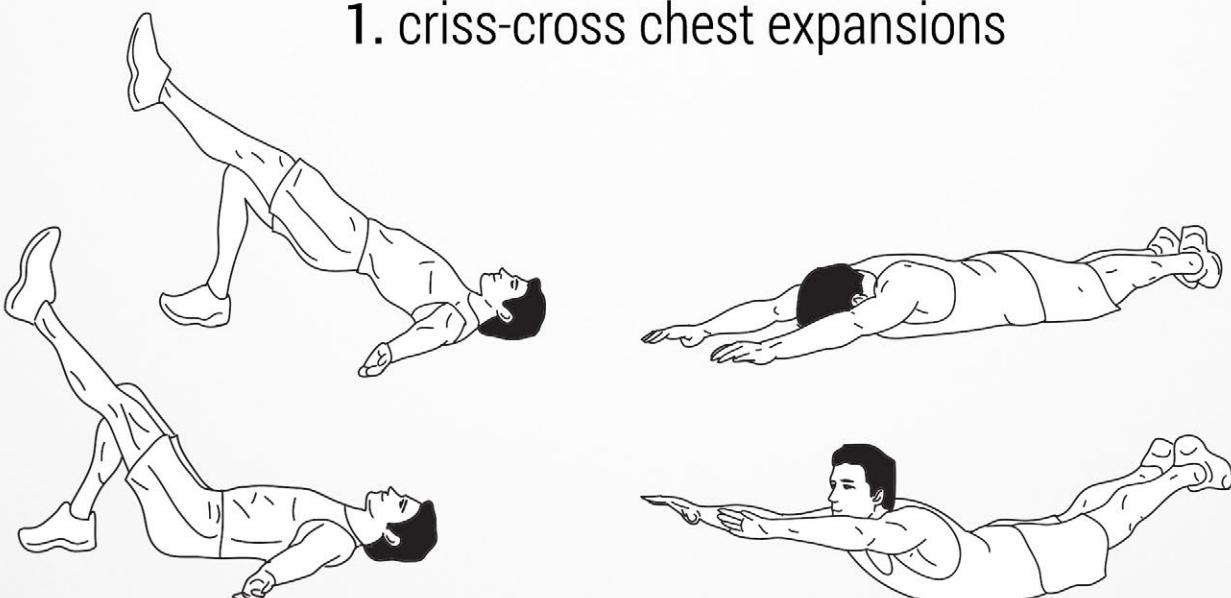
rest between sets: up to 2 minutes

Stretching

20 reps each | 3 sets | 60 seconds rest between sets



1. criss-cross chest expansions

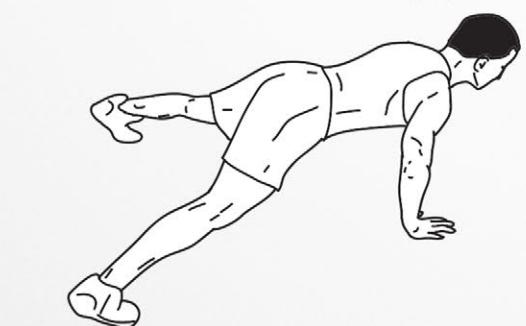
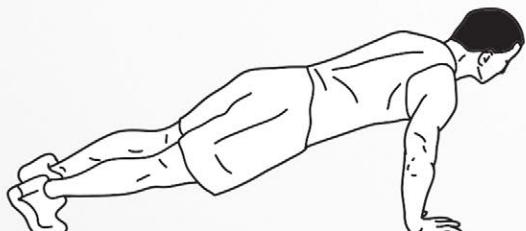
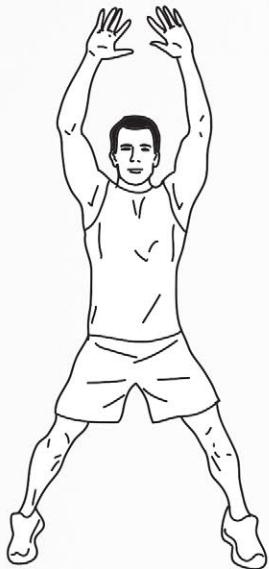
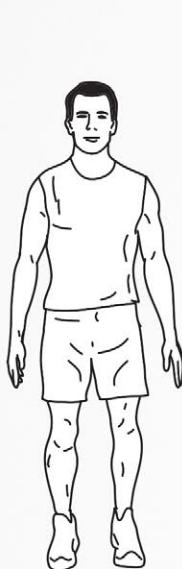


2. raised leg hip raises

3. supermen

EXTRA walk 2 miles [3 km]

Cardio Workout



10 reps jumping jacks

10 reps plank jacks

20 reps jumping jacks

20 reps plank jacks

30 reps jumping jacks

30 reps plank jacks

20 reps jumping jacks

20 reps plank jacks

10 reps jumping jacks

10 reps plank jacks

LEVEL I: 3 sets

LEVEL II: 5 sets

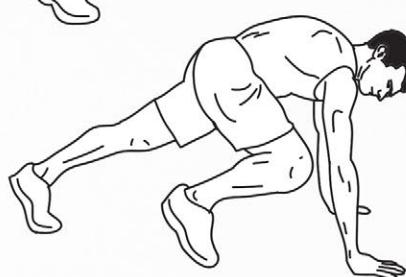
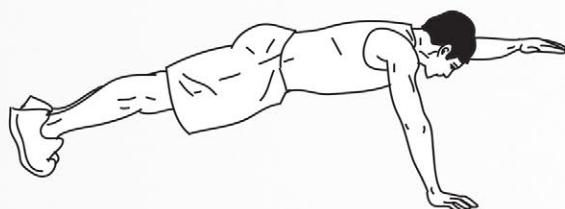
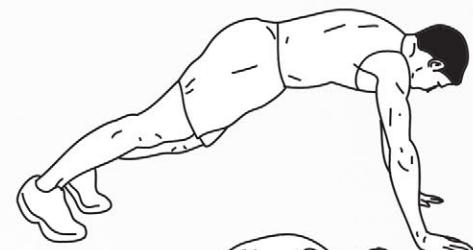
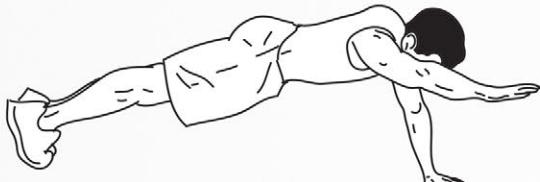
LEVEL III: 7 sets

rest between sets:
up to 3 minutes

Ab Work

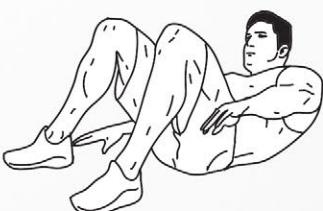
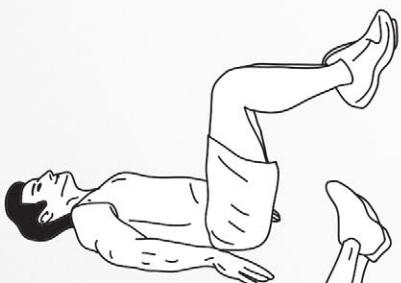
reps: Level I: 8 reps Level II: 10 reps Level III: 12 reps

sets: Level I: 3 sets Level II: 5 sets Level III: 7 sets



1. plank arm reaches

2. mountain climbers



3. reverse crunches

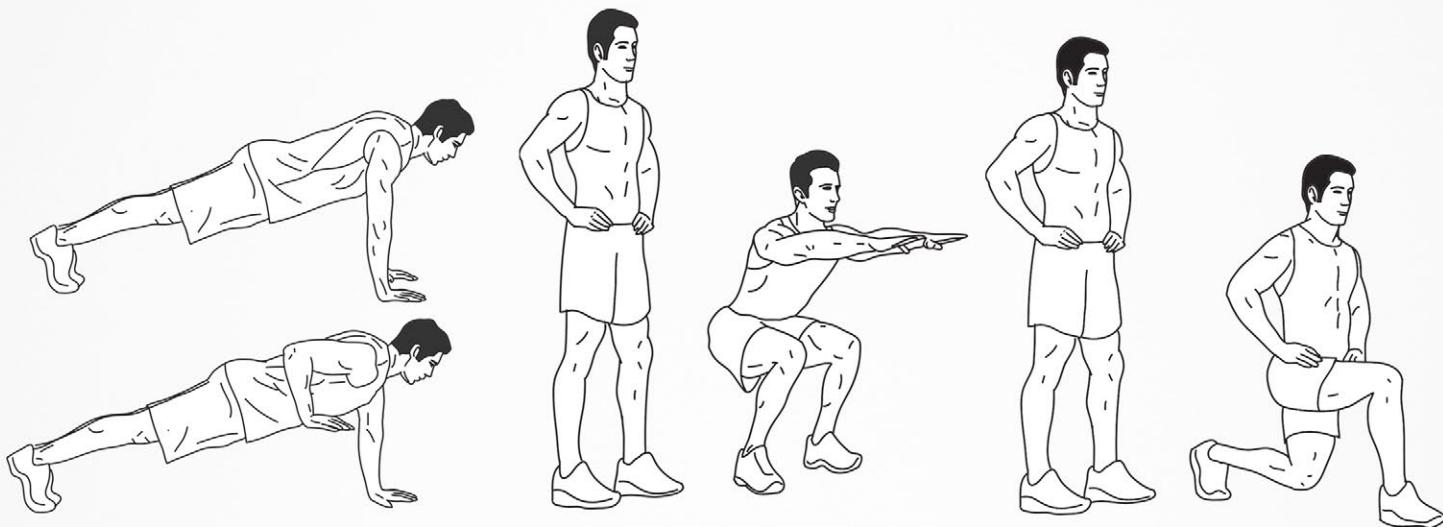
4. flutter kicks

5. heel touches

rest between sets: up to 2 minutes

Bodyweight Workout

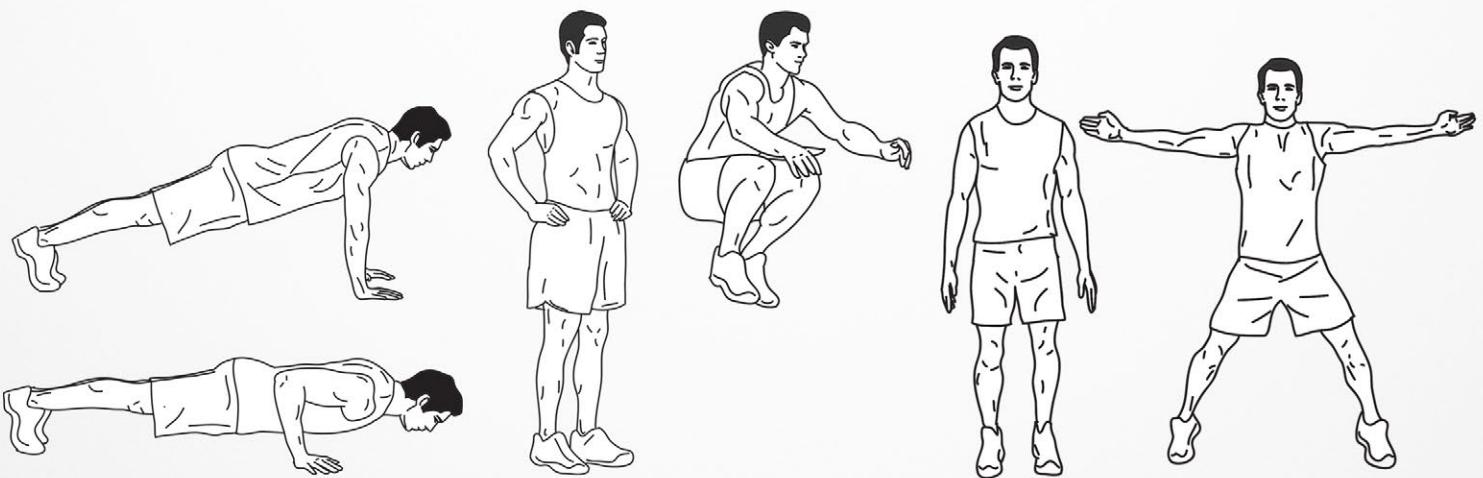
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



1) 10 renegade rows

2) 20 squats

3) 10 lunges



4) 6 push-ups

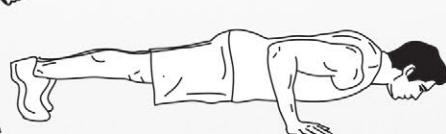
5) 4 squat jumps

6) 20 jumping Ts

rest between sets: up to 2 minutes

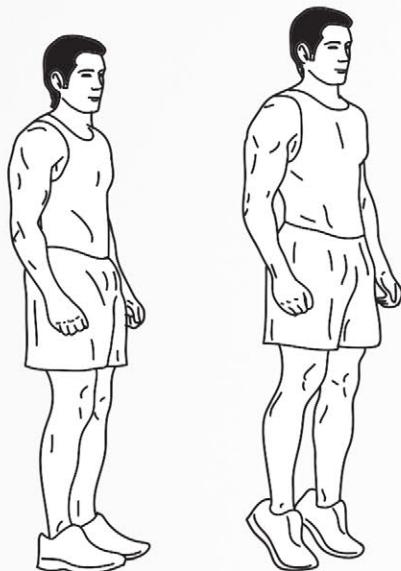
Challenge

3 burpees	60 sec rest
2 burpees	45 sec rest
1 burpee	30 sec rest
5 burpees	60 sec rest
4 burpees	40 sec rest
3 burpees	35 sec rest
10 burpees	60 sec rest
5 burpees	30 sec rest
4 burpees	20 sec rest
10 burpees	60 sec rest
3 burpees	10 sec rest
2 burpees	

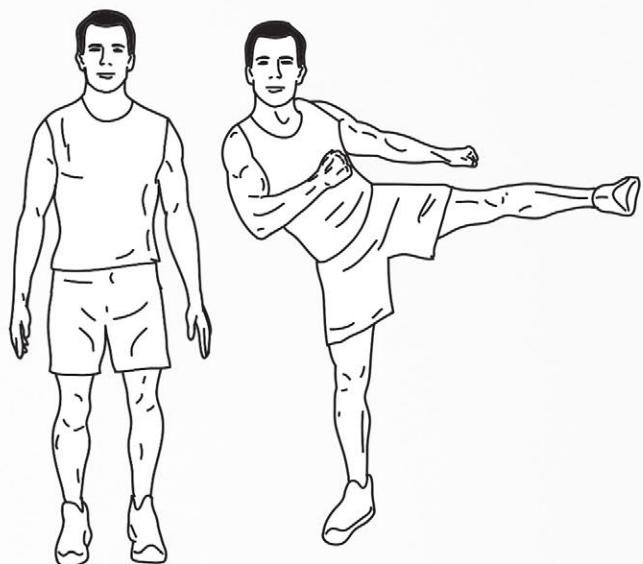


Stretching

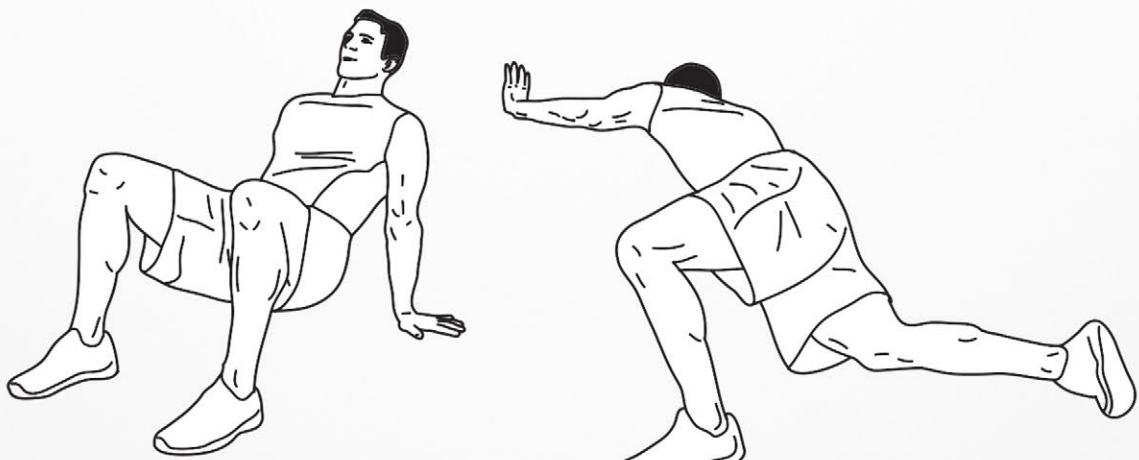
20 reps each | 3 sets | 60 second rest between sets



1. calf raises



2. leg raises



3. swipers

EXTRA walk 2 miles [3 km]

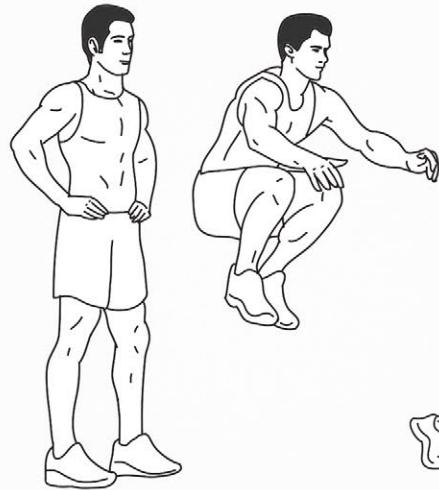
Strength Workout

reps: Level I: 30 sec Level II: 45 sec Level III: 60 sec

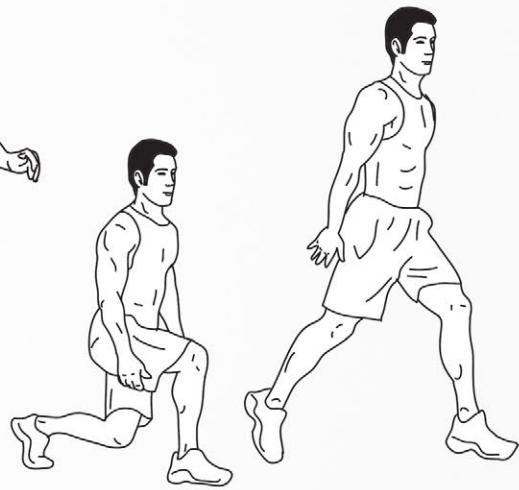
sets: Level I: 4 sets Level II: 6 sets Level III: 8 sets



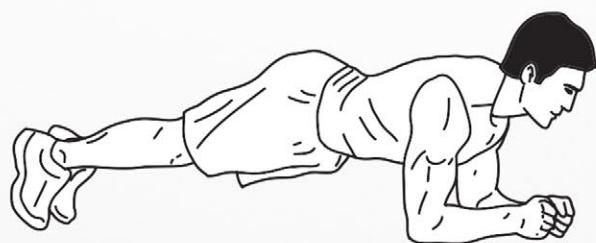
1. wall sit



2. jump squats



3. jumping lunges



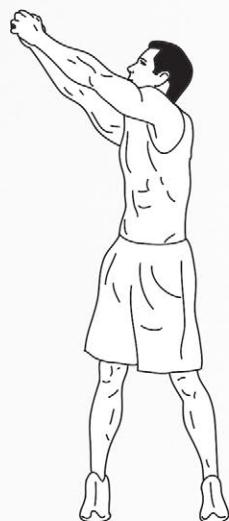
4. elbow plank

rest between sets: up to 2 minutes

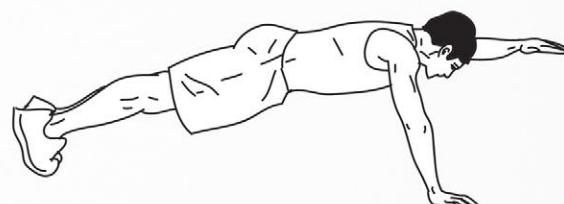
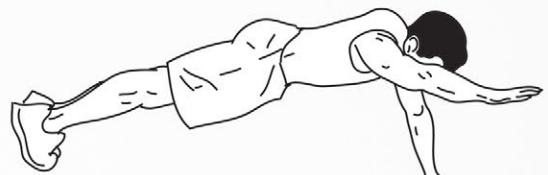
Ab Work

reps: Level I: 10 reps Level II: 14 reps Level III: 16 reps

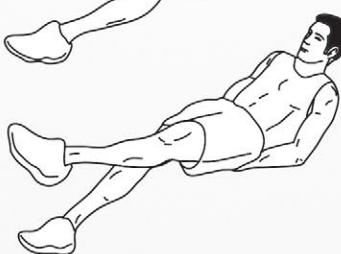
sets: Level I: 3 sets Level II: 5 sets Level III: 7 sets



1. wood choppers



2. plank arm reaches



3. flutter kicks

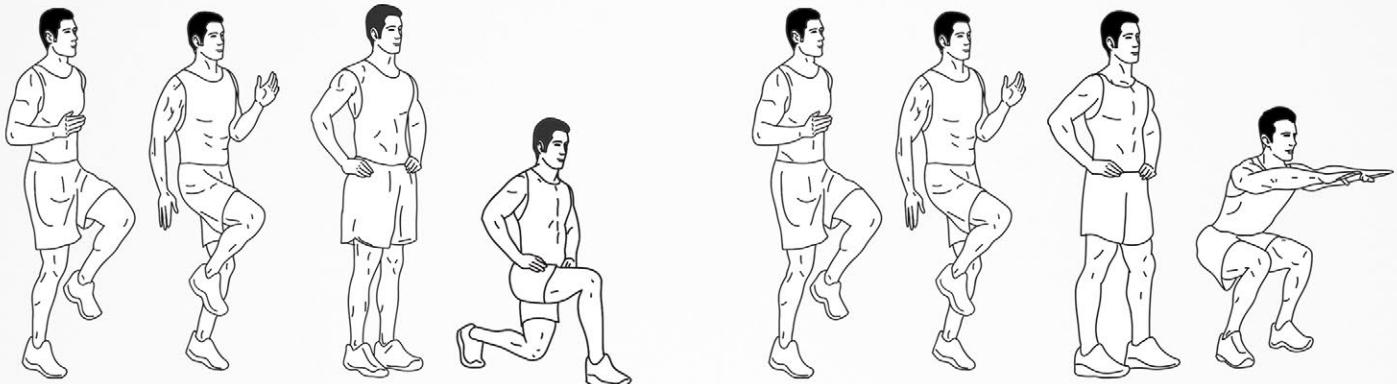
4. scissiors

5. knee crunches

rest between sets: up to 2 minutes

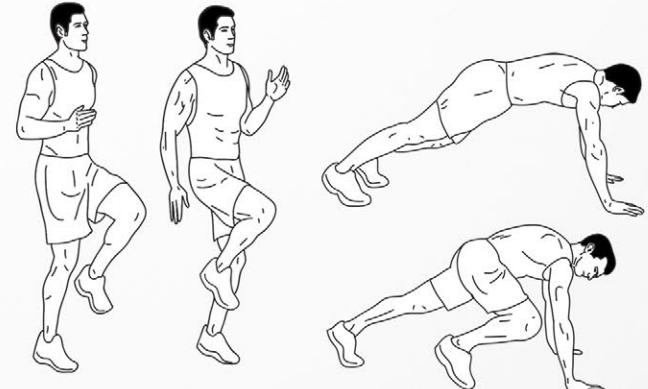
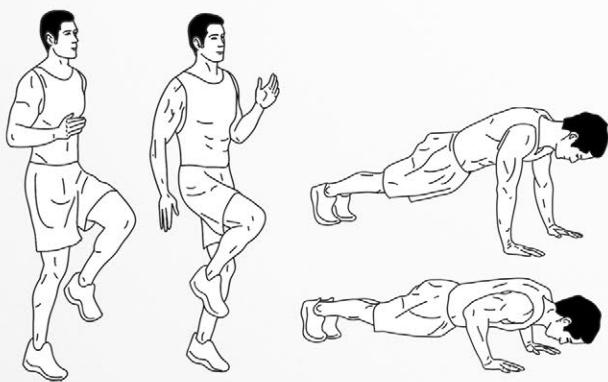
Cardio Workout

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



- 1.** 30 high knees
10 lunges

- 2.** 30 high knees
10 squats



- 3.** 30 high knees
10 push-ups

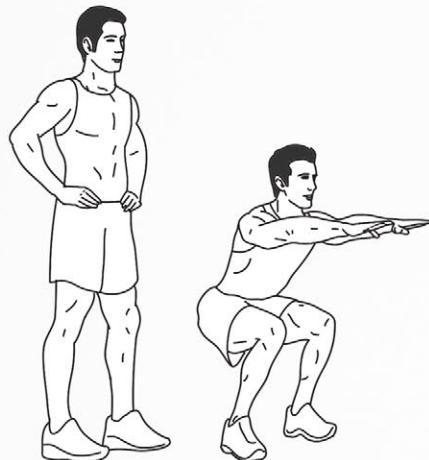
- 4.** 30 high knees
10 mountain climbers

rest between sets: up to 2 minutes

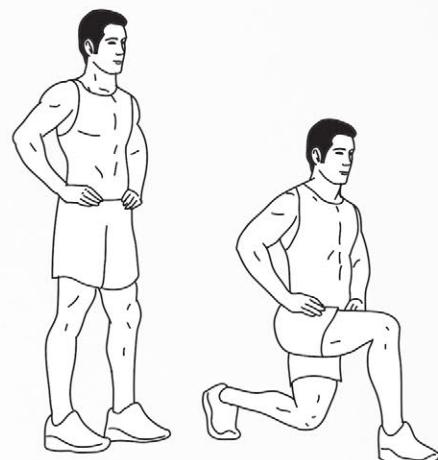
Bodyweight Workout

10 reps each

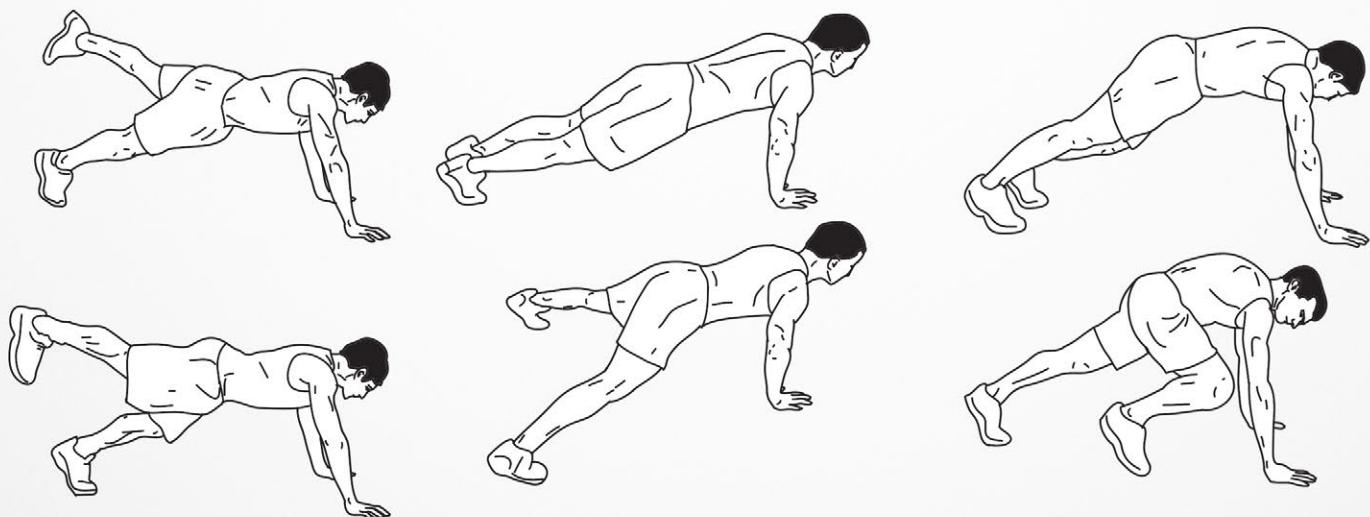
sets: Level I: 3 sets Level II: 5 sets Level III: 7 sets



1. squats



2. forward lunges



3. plank leg raises

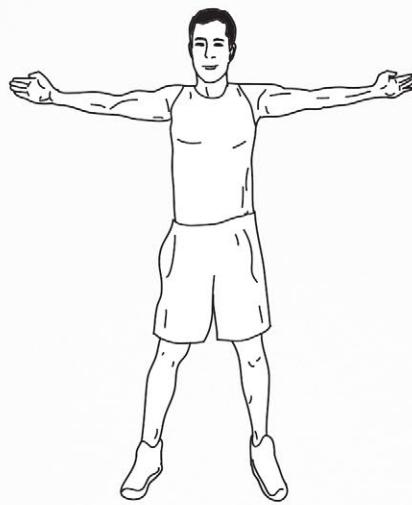
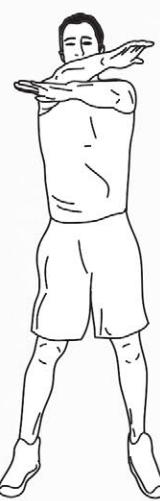
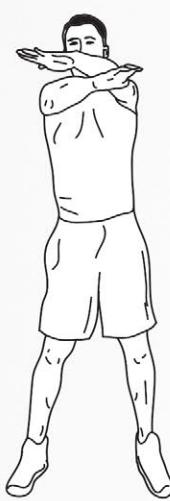
4. plank jacks

5. mountain climbers

rest between sets: up to 2 minutes

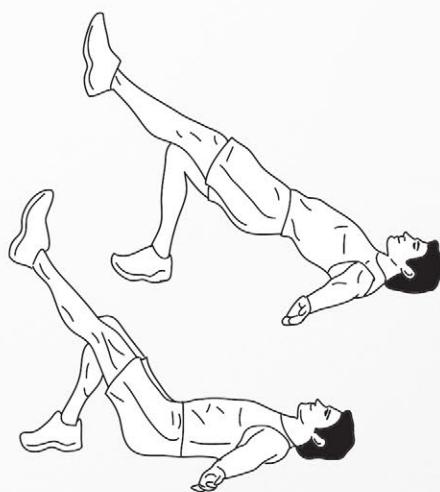
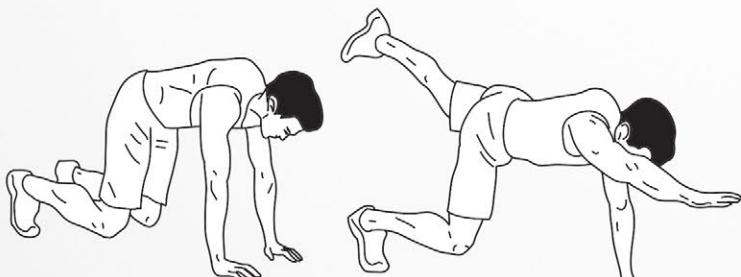
Stretching

20 reps each | 3 sets | 60 second rest between sets



1. criss-cross chest expansions

2. calf raises



3. leg/arm reaches

4. hip raises

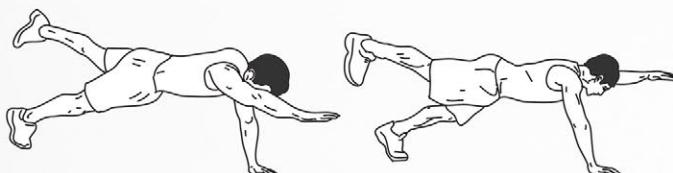
EXTRA walk 2 miles [3 km]

Endurance Workout

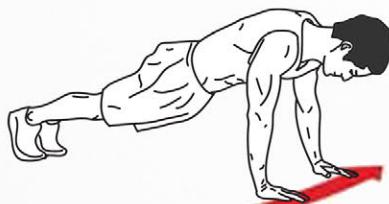
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



Move 1: hold plank – 45 seconds



Move 2: 10 reps alt arm/leg planks



Move 3: 10 reps 90 ° moving plank



Move 4: 30 mountain climbers



Move 5: 10 push-ups

rest between sets: up to 2 minutes

Ab Work

reps: Level I: 6 reps Level II: 8 reps Level III: 10 reps

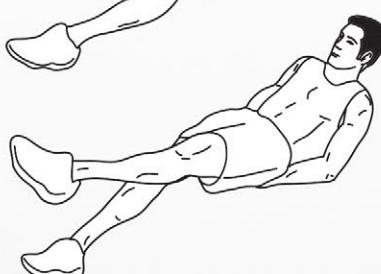
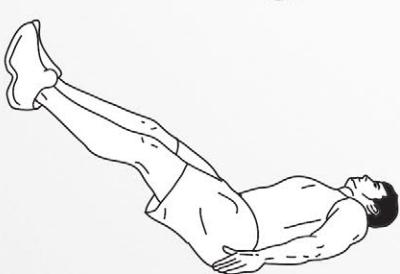
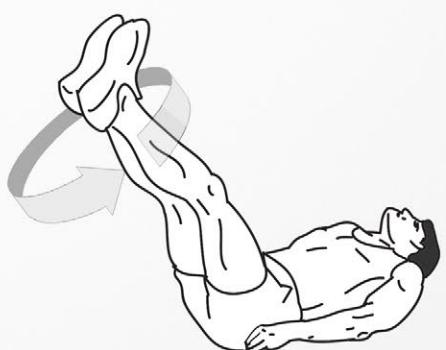
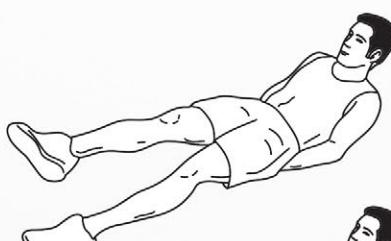
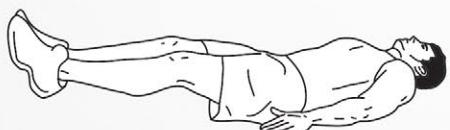
sets: Level I: 3 sets Level II: 5 sets Level III: 7 sets



1. flutter kicks

2. knee crunches

3. Russian twists



4. leg raises

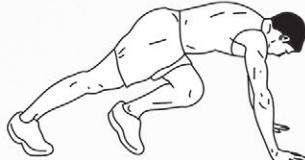
5. scissors

6. raised leg circles

rest between sets: up to 2 minutes

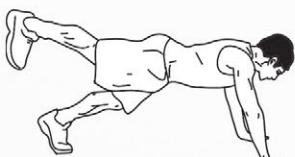
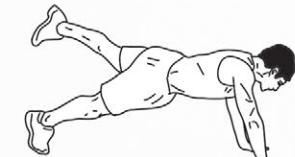
Cardio Workout

sets: Level I: 3 sets Level II: 5 sets Level III: 7 sets



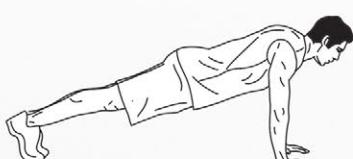
1.

20 high knees
20 mountain climbers



2.

20 high knees
20 plank leg raises



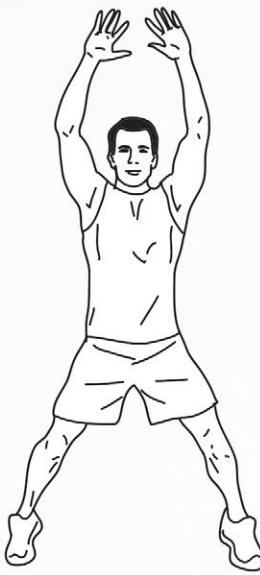
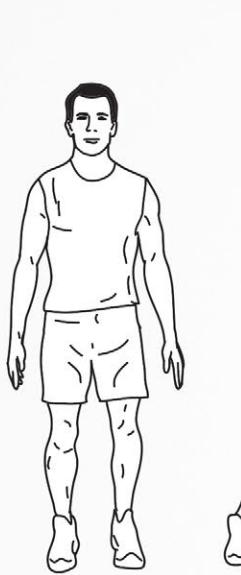
3.

20 high knees
20 plank jump-ins

rest between sets: up to 2 minutes

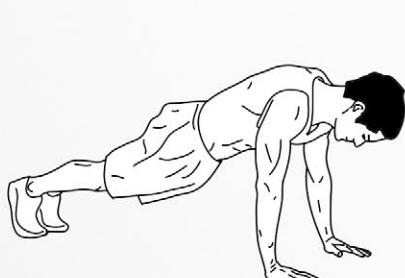
Bodyweight Workout

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



1) 30 jumping jacks

2) 10 jump squats



3) 10 push-ups

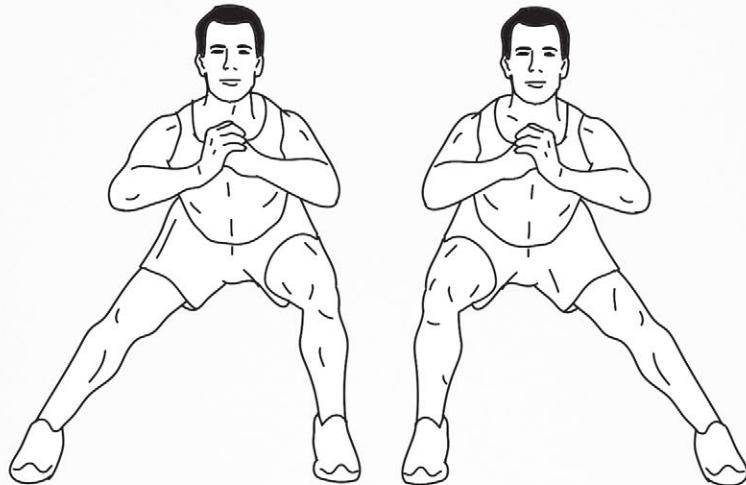
4) 20 forward lunges

5) 10 tricep dips

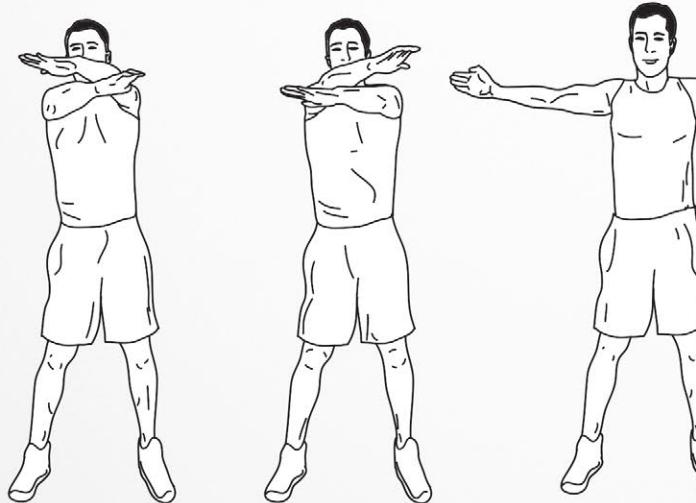
rest between sets: up to 2 minutes

Stretching

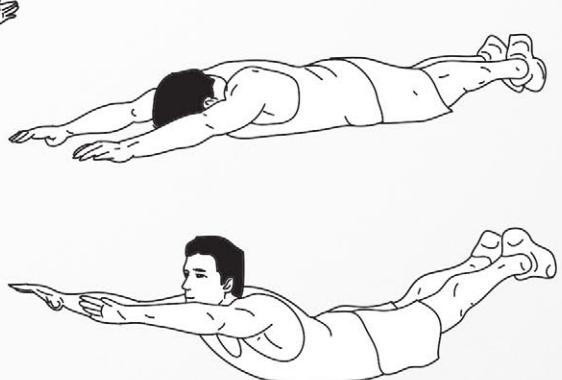
20 reps each | 3 sets | 40 seconds rest between sets



1. side-to-side lunges



2. criss-cross chest expansions



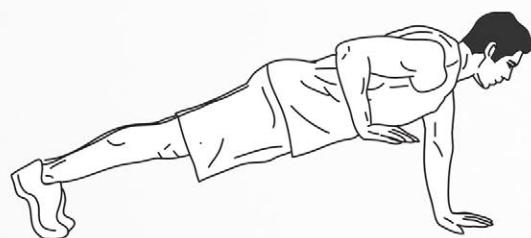
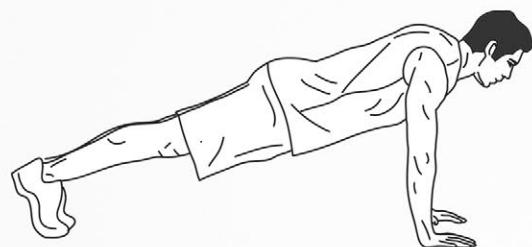
3. supermen

EXTRA walk 2 miles [3 km]

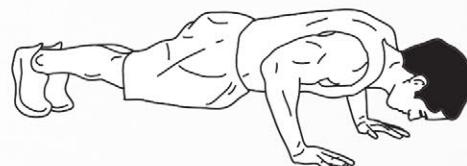
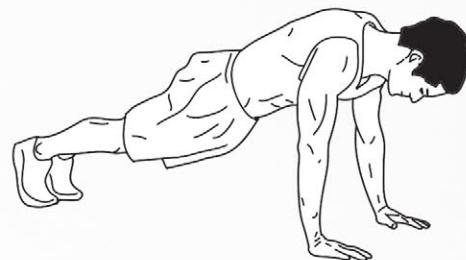
Strength Workout

reps: Level I: 8 reps Level II: 10 reps Level III: 20 reps

sets: Level I: 4 sets Level II: 6 sets Level III: 8 sets



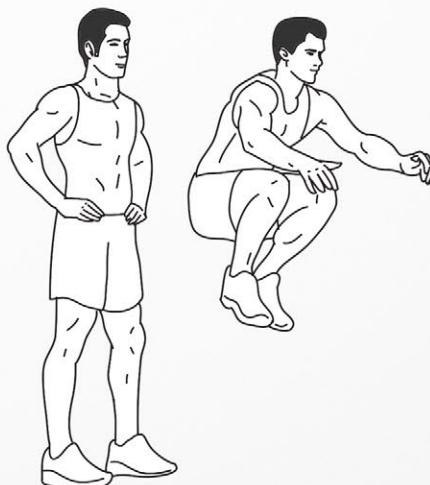
1. renegade rows



2. push-ups



3. planks with rotations



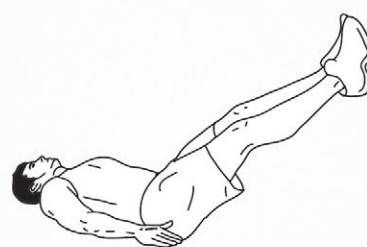
4. jump squats

rest between sets: up to 2 minutes

Ab Work

reps: Level I: 6 reps Level II: 8 reps Level III: 10 reps

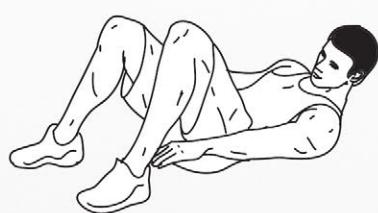
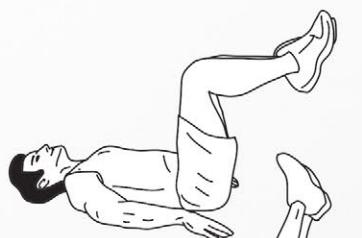
sets: Level I: 3 sets Level II: 5 sets Level III: 7 sets



1. flutter kicks

2. leg raises

3. sprinters



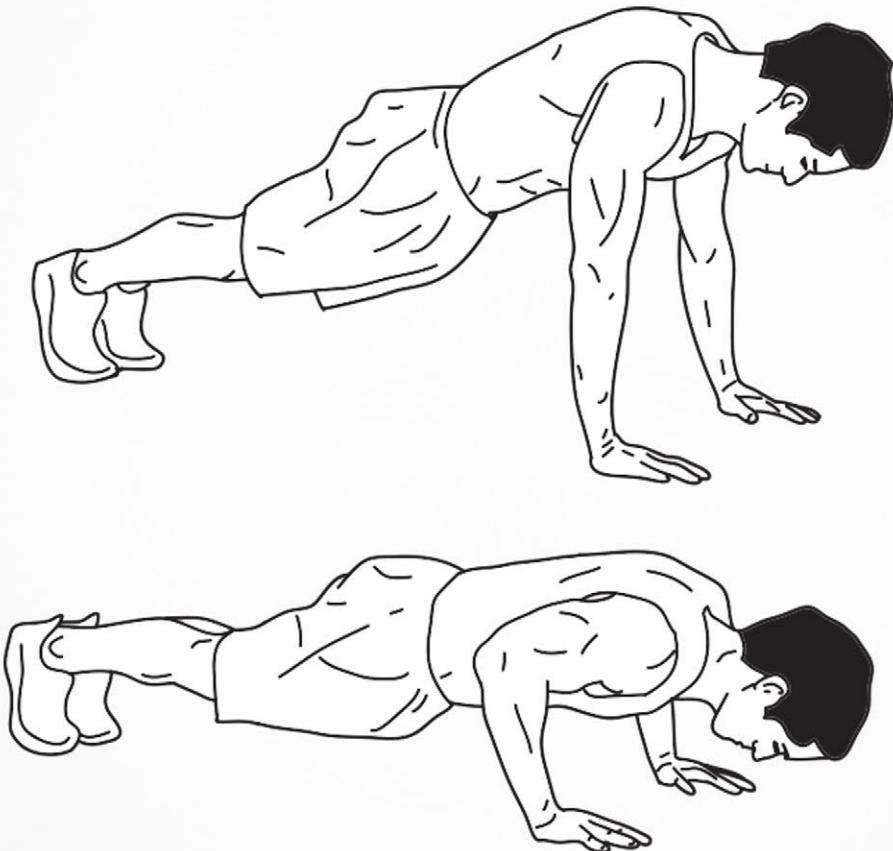
4. knee crunches

5. heel touches

6. reverse crunches

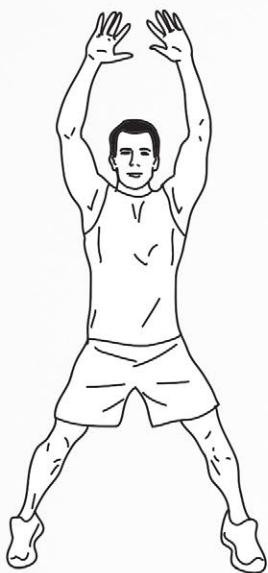
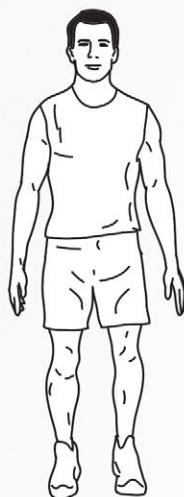
rest between sets: up to 2 minutes

Challenge



60 push-ups
[throughout the day]

Cardio Workout



10 reps jumping jacks

10 reps high knees

20 reps jumping jacks

20 reps high knees

30 reps jumping jacks

30 reps high knees

20 reps jumping jacks

20 reps high knees

10 reps jumping jacks

10 reps high knees

LEVEL I: 3 sets

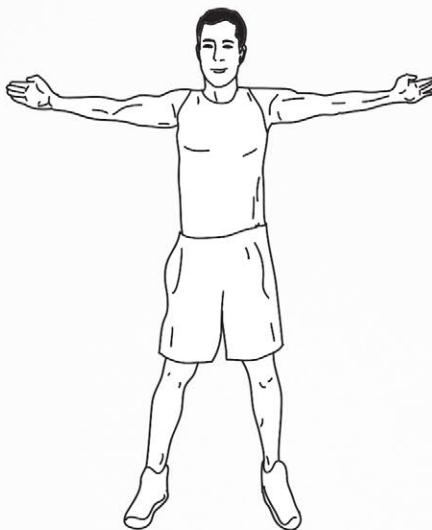
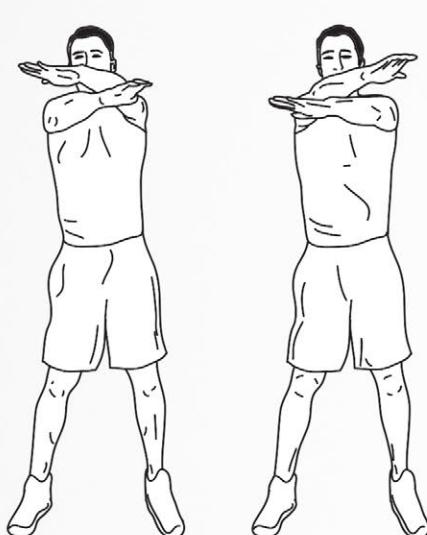
LEVEL II: 5 sets

LEVEL III: 7 sets

rest between sets:
2 minute rest

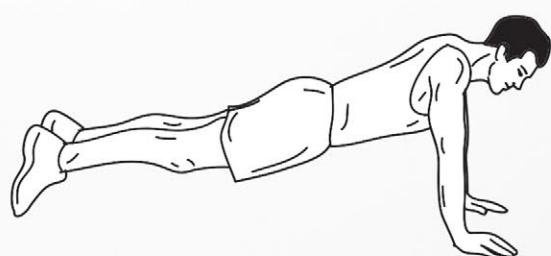
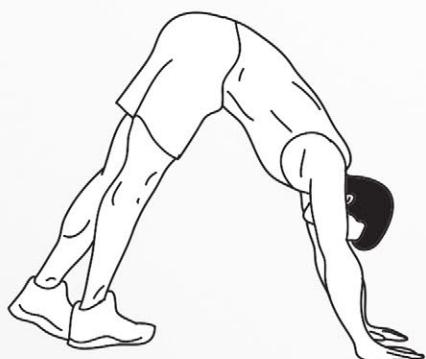
Stretching

20 reps each | 3 sets | 60 second rest between sets



1. criss-cross chest expansions

2. calf raises



3. inch worms

EXTRA walk 2 miles [3 km]

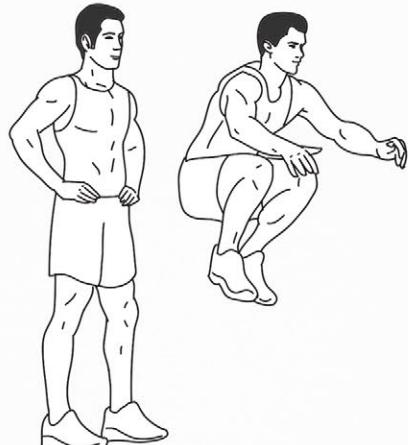
Strength Workout

reps: **Level I:** 8 reps **Level II:** 10 reps **Level III:** 14 reps

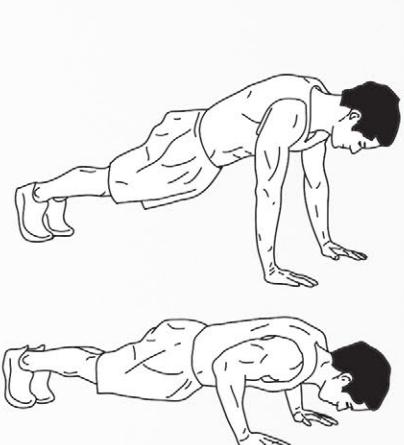
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



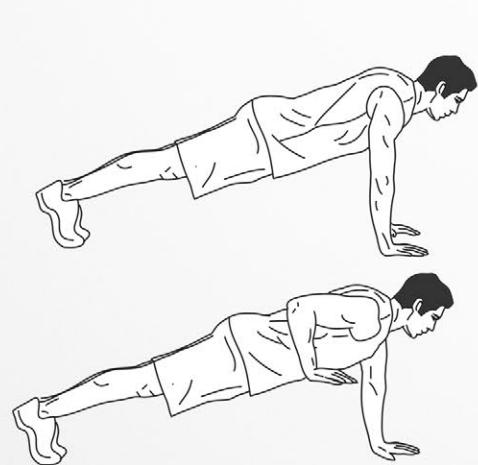
1. plank with rotations



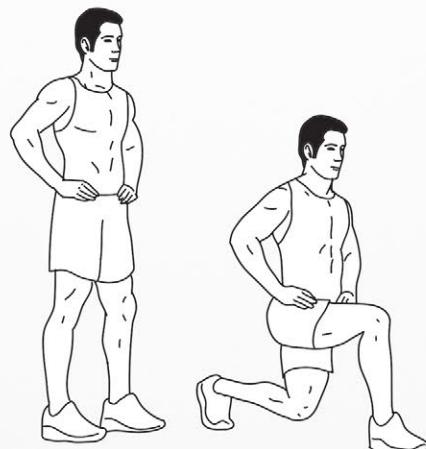
2. jump squats



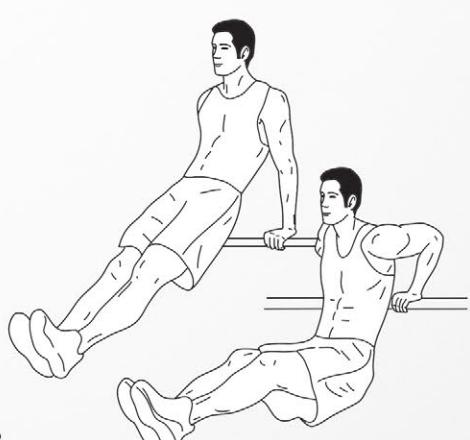
3. push-ups



4. renegade rows



5. forward lunges



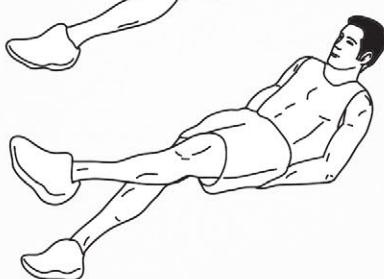
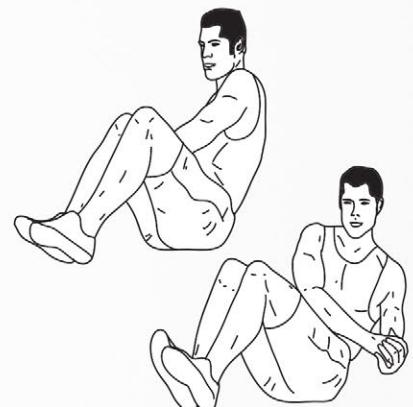
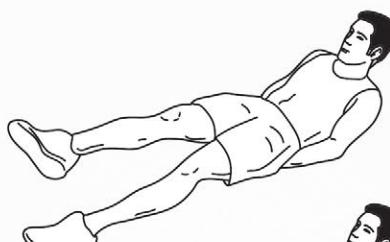
6. tricep dips

rest between sets: up to 2 minutes

Ab Work

reps: Level I: 10 reps Level II: 16 reps Level III: 20 reps

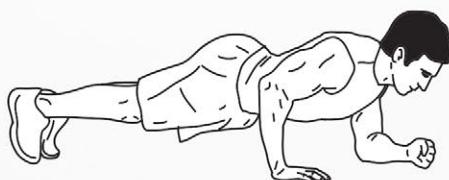
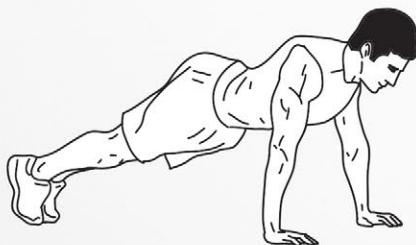
sets: Level I: 3 sets Level II: 5 sets Level III: 7 sets



1. flutter kicks

2. scissors

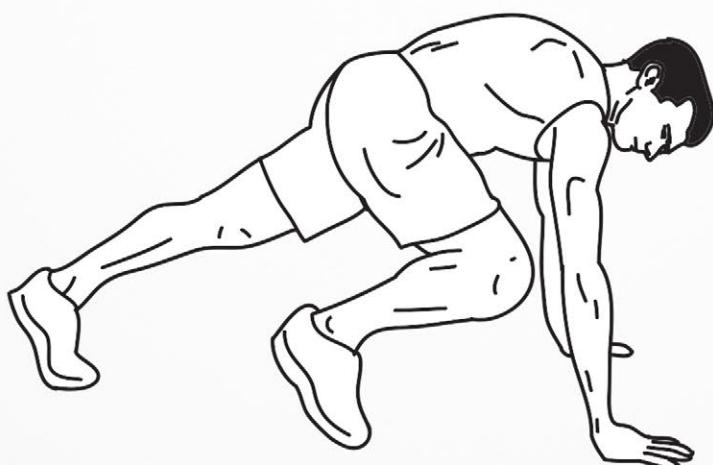
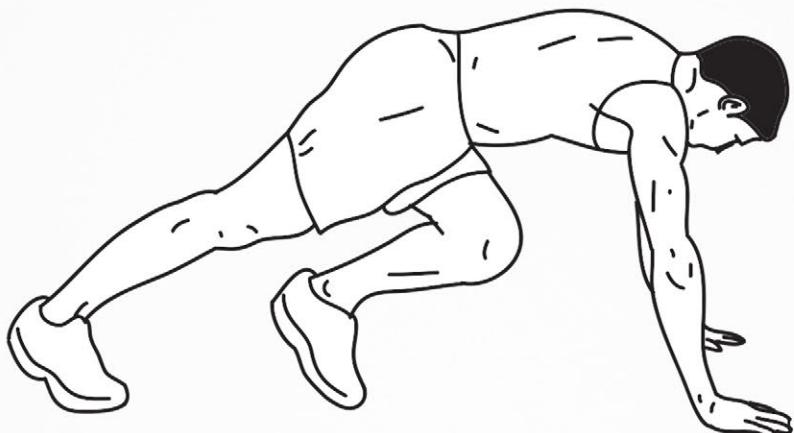
3. Russian twists



4. moving plank

rest between sets: up to 2 minutes

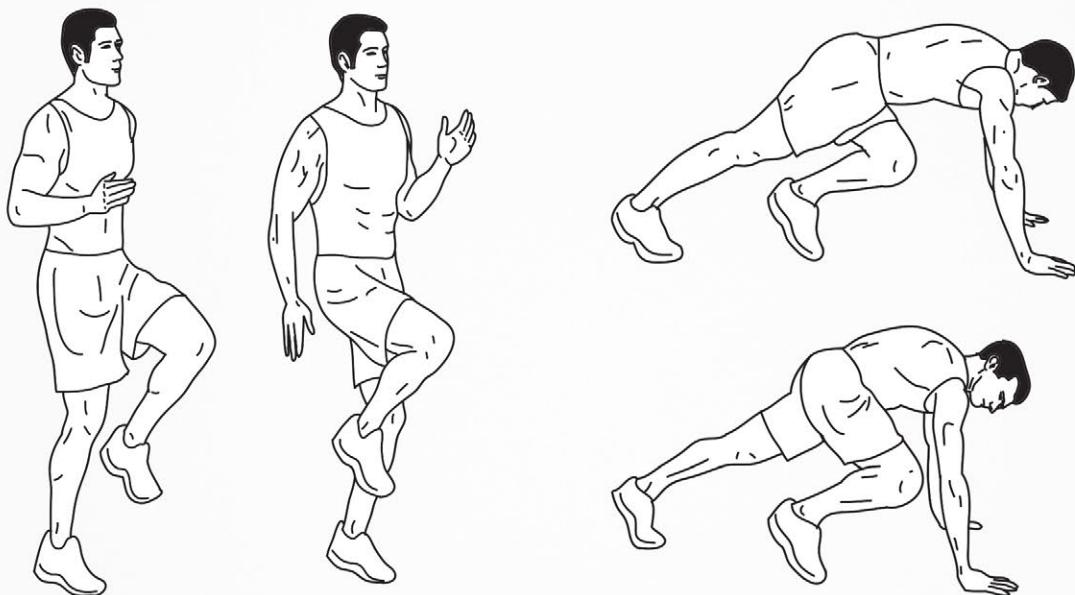
Challenge



200 mountain climbers
[throughout the day]

Cardio Workout

sets: **Level I:** 3 rounds **Level II:** 5 rounds **Level III:** 7 rounds
up to 5 minutes rest between rounds



round 1: 10 high knees, 10 mountain climbers - **30 second rest**

round 2: 20 high knees, 20 mountain climbers - **20 second rest**

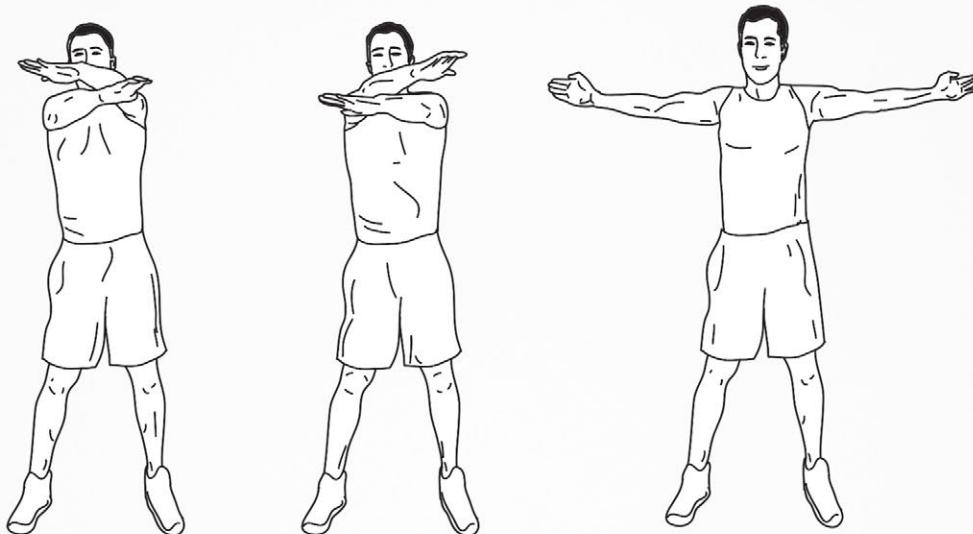
round 3: 30 high knees, 30 mountain climbers - **40 second rest**

round 4: 20 high knees, 20 mountain climbers - **20 second rest**

round 5: 10 high knees, 10 mountain climbers - **30 second rest**

Stretching

20 reps each | 4 sets | 60 seconds rest between sets



1. criss-cross chest expansions



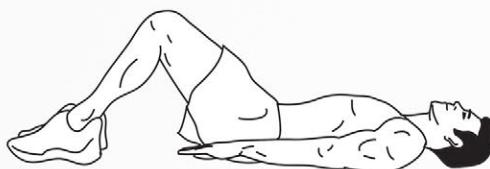
2. supermen

EXTRA walk 2 miles [3 km]

Ab Work

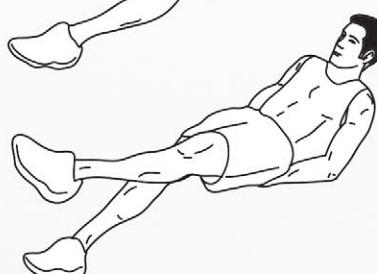
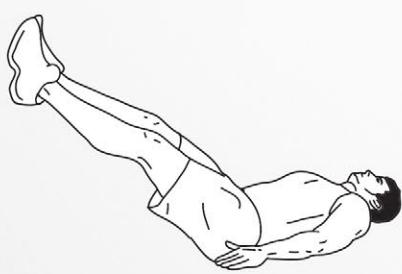
reps: Level I: 6 reps Level II: 8 reps Level III: 10 reps

sets: Level I: 3 sets Level II: 5 sets Level III: 7 sets



1. sit-ups

2. Russian twists



3. leg raises

4. scissors

5. flutter kicks

rest between sets: up to 2 minutes

Strength Workout

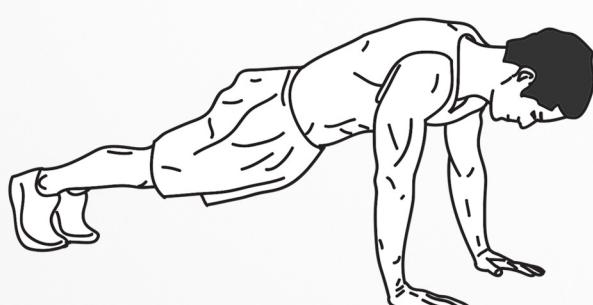
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



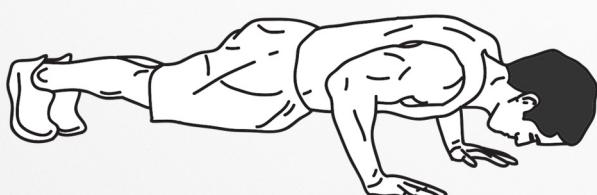
5 squats



5 push-ups



10 squats



5 push-ups

15 squats

5 push-ups

20 squats

5 push-ups

15 squats

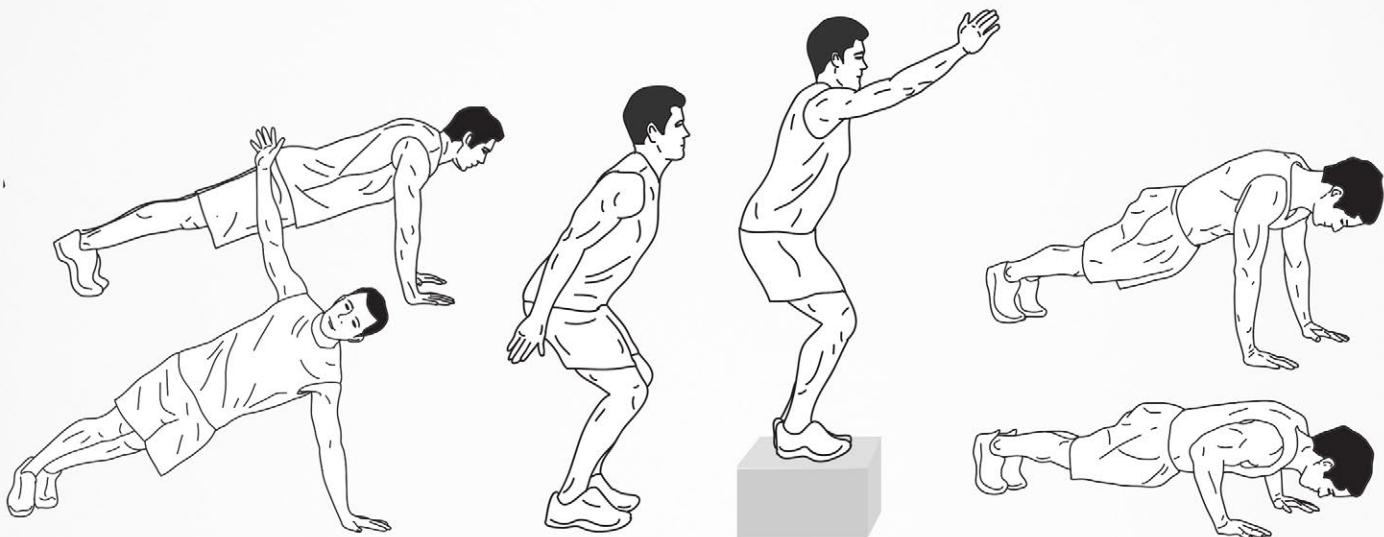
5 push-ups

10 squats

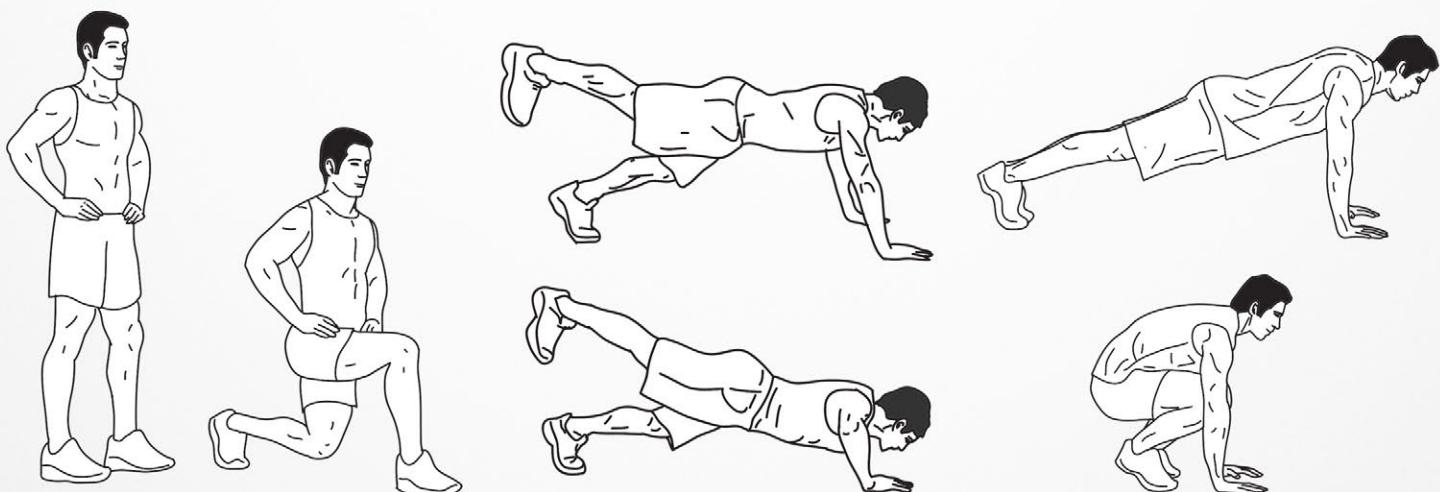
rest between sets: up to 2 minutes

Strength Workout

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



- 1) 6 planks w/rotations
- 2) 10 box jumps
- 3) 6 push-ups



- 4) 10 lunges
- 5) 6 raised leg push-ups
- 6) 10 plank jump-ins

rest between sets: up to 2 minutes

Cardio Workout

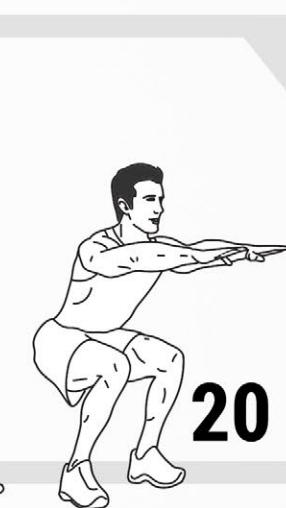
Level I 5 rounds Level II 10 rounds Level III 15 rounds
1 minute rest between rounds



1.

20 sec

high knees



2.

20 sec

squats

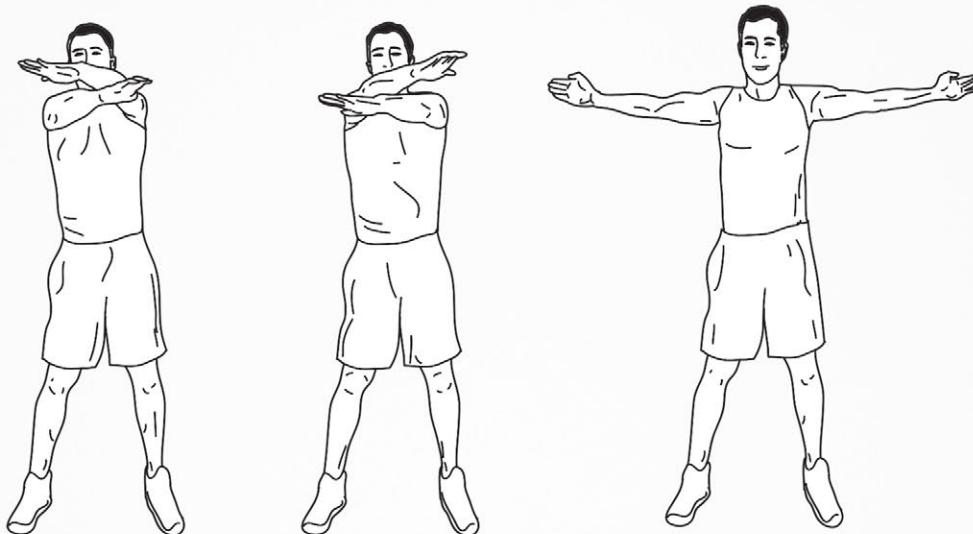
3.

20 sec

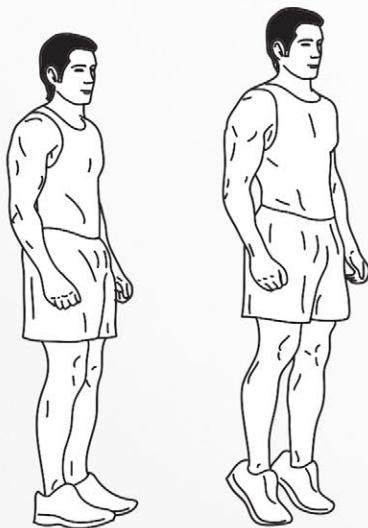
mountain climbers

Stretching

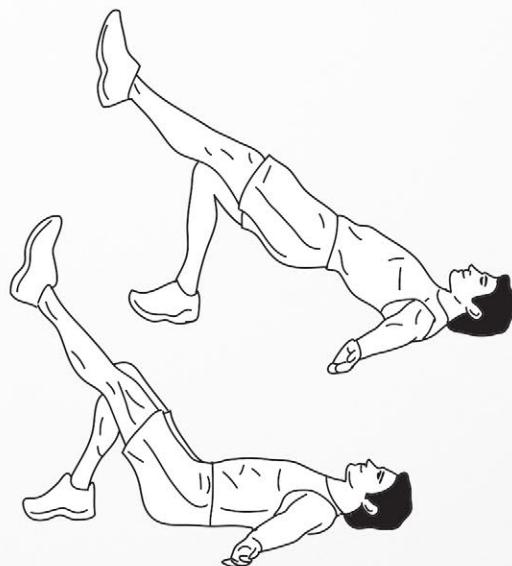
20 reps each | 3 sets | 60 seconds rest between sets



1. criss-cross chest expansions



2. calf raises



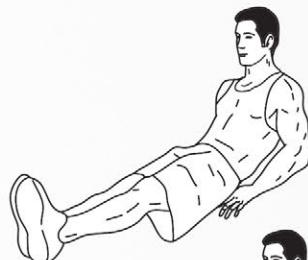
3. hip raises

EXTRA walk 2 miles [3 km]

Ab Work

reps: Level I: 10 reps Level II: 16 reps Level III: 20 reps

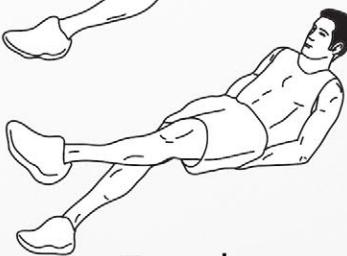
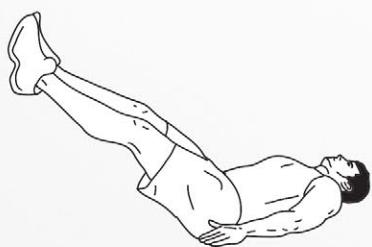
sets: Level I: 3 sets Level II: 5 sets Level III: 7 sets



1. flutter kicks

2. knee crunches

3. leg pull-ins



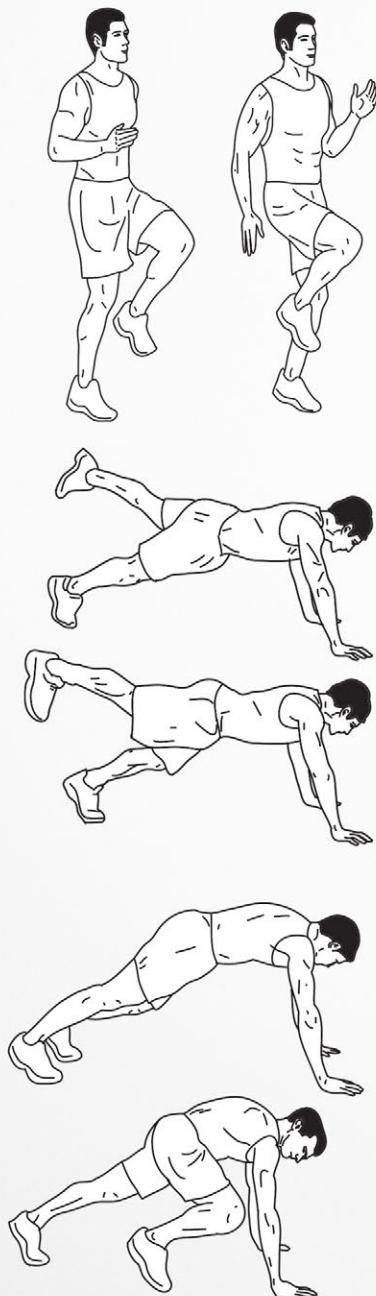
4. leg raises

5. scissors

rest between sets: up to 2 minutes

Cardio Workout

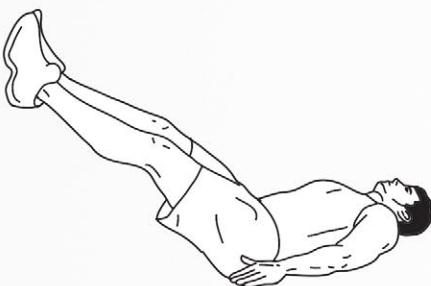
Level I: 3 rounds **Level II:** 5 rounds **Level III:** 7 rounds
up to 3 minute rest in between rounds



- | | |
|---------|-------------------|
| 10 reps | high knees |
| 10 reps | plank leg raises |
| 10 reps | mountain climbers |
| 20 reps | high knees |
| 20 reps | plank leg raises |
| 20 reps | mountain climbers |
| 20 reps | high knees |
| 20 reps | plank leg raises |
| 20 reps | mountain climbers |
| 10 reps | high knees |
| 10 reps | plank leg raises |
| 10 reps | mountain climbers |

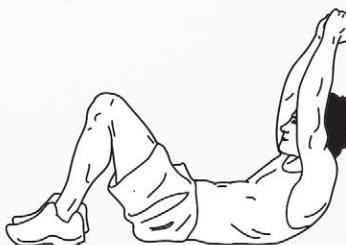
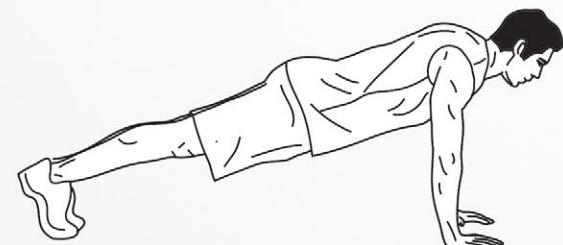
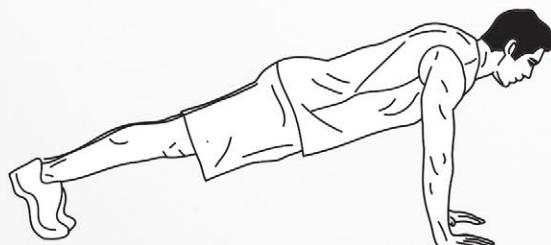
Ab Work

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



1.) 10 leg raises

2.) 20 flutter kicks



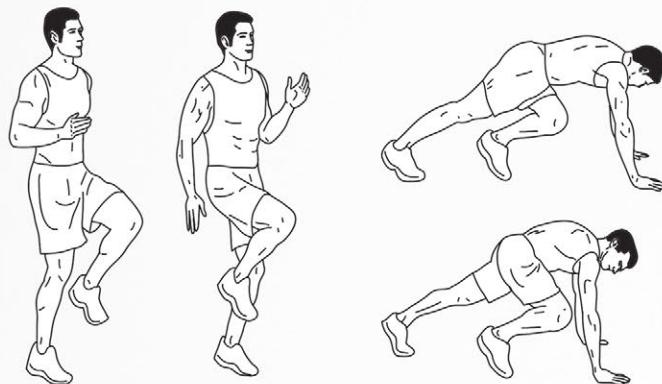
3.) 45sec plank

4.) 10 long arm crunches

rest between sets: up to 2 minutes

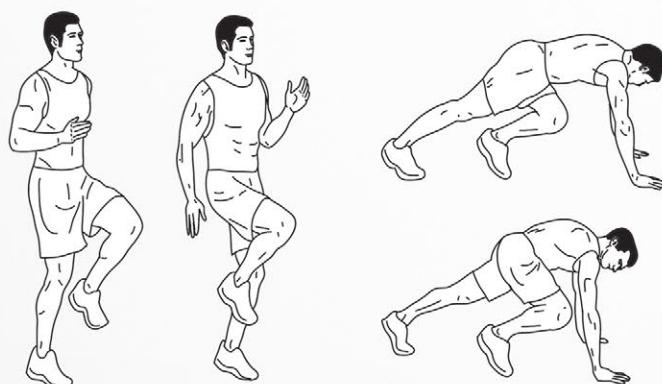
Cardio Workout

rounds: **Level I:** 3 rounds **Level II:** 5 rounds **Level III:** 7 rounds
up to 2 minute rest between rounds



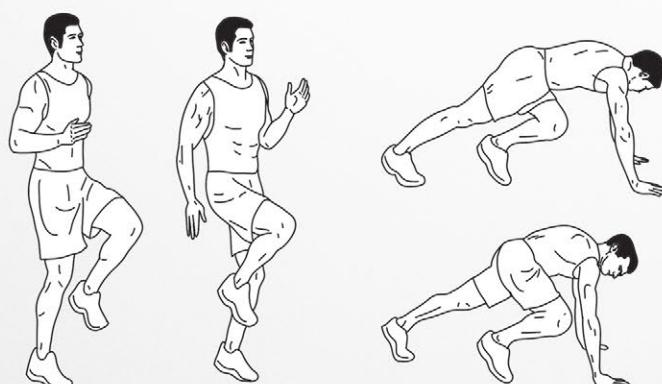
1.

10 high knees
10 mountain climbers



2.

20 high knees
20 mountain climbers

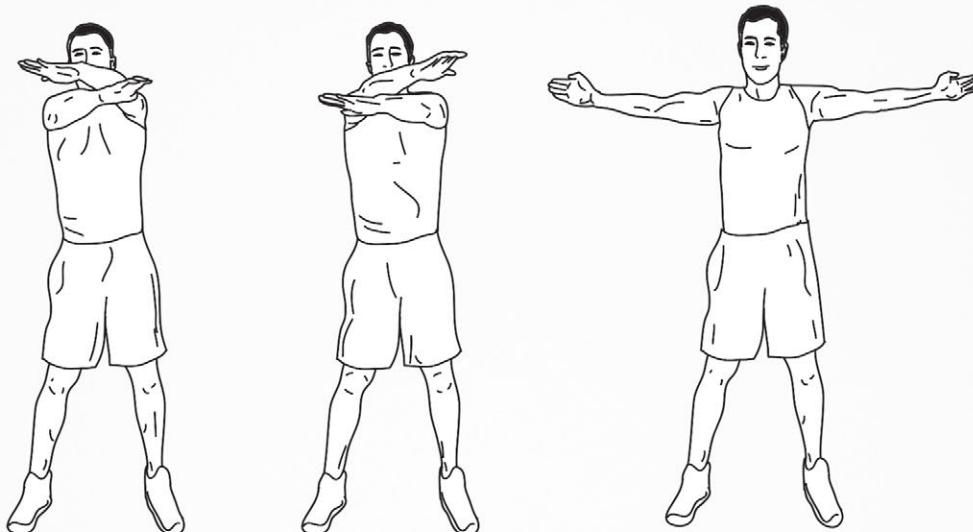


3.

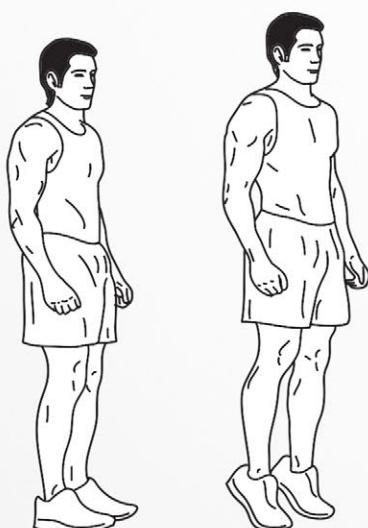
30 high knees
30 mountain climbers

Stretching

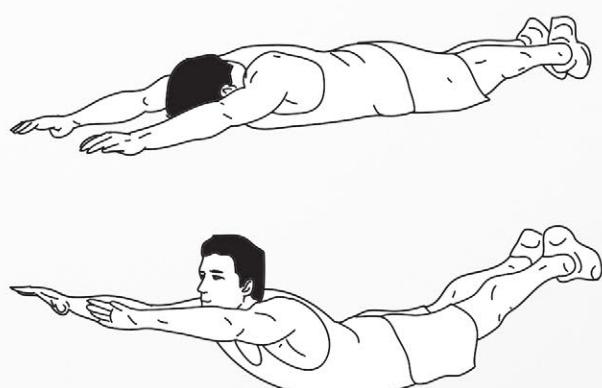
20 reps each | 3 sets | 60 seconds rest between sets



1. criss-cross chest expansions



2. calf raises



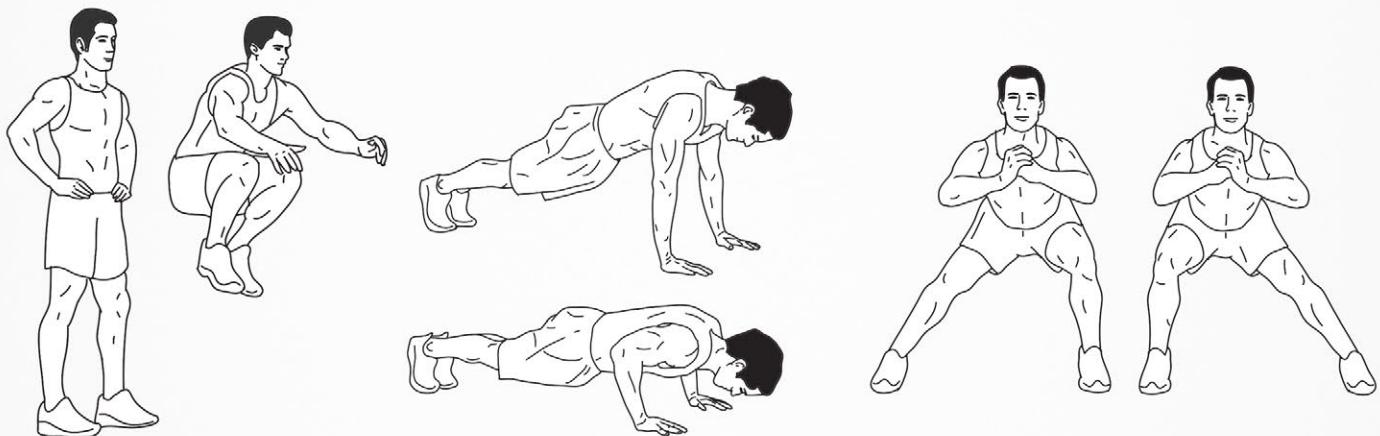
3. supermen

EXTRA walk 2 miles [3 km]

Strength Workout

reps: Level I: 6 reps Level II: 8 reps Level III: 12 reps

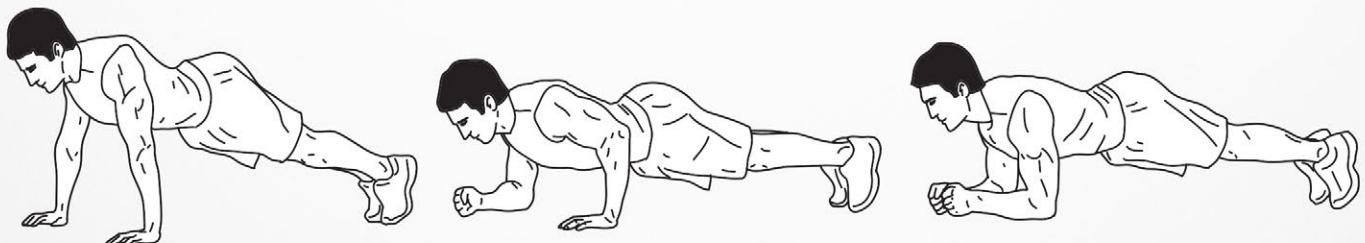
sets: Level I: 4 sets Level II: 6 sets Level III: 8 sets



1. jump squats

2. push-ups

3. side-to-side lunges

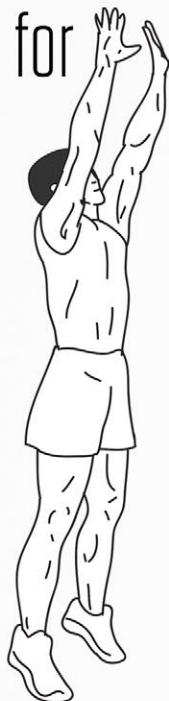


4. moving plank

rest between sets: up to 2 minutes

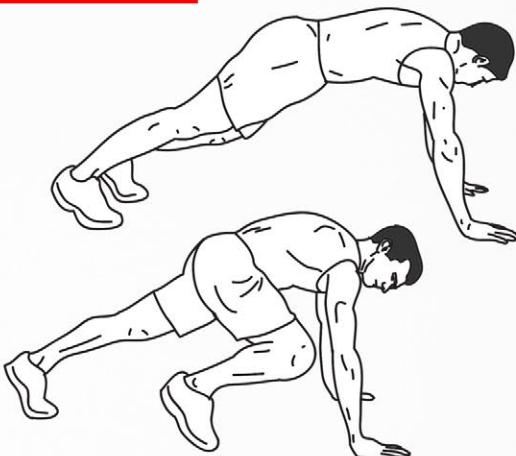
Challenge

set a timer for



10:00
minutes

repeat until
the time is up

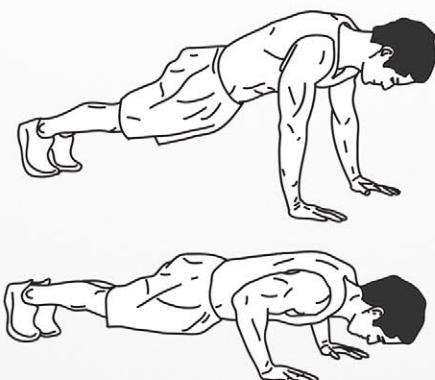


10 jump squat

10 mountain climbers



10 lunges



5 push-ups

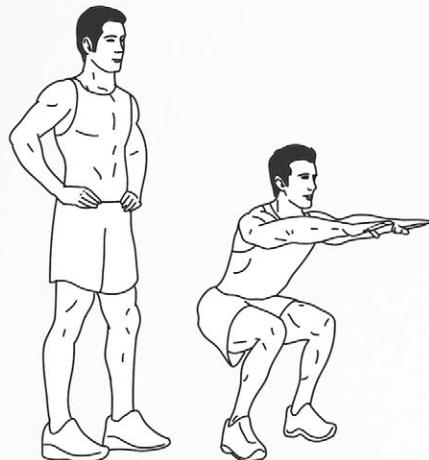


10 squats

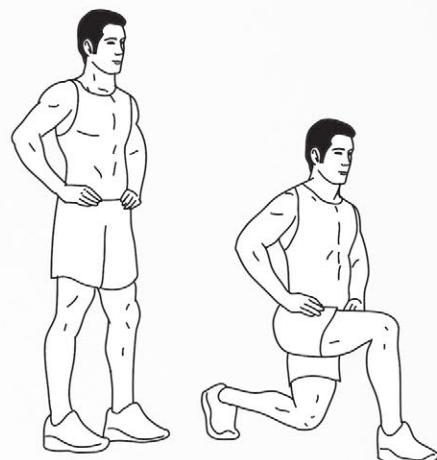
Bodyweight Workout

10 reps each

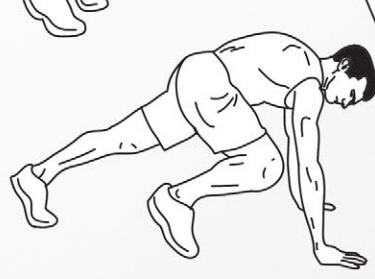
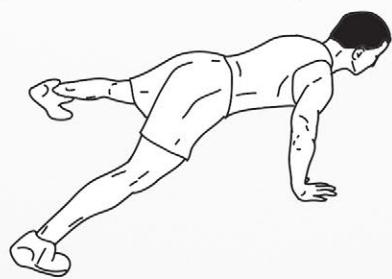
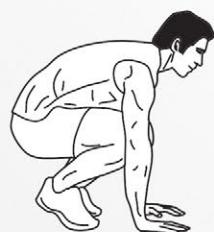
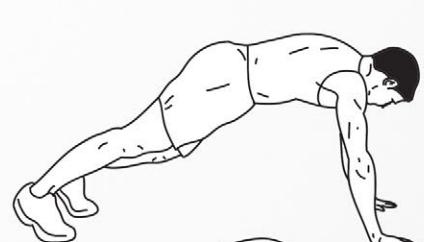
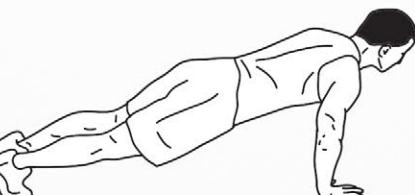
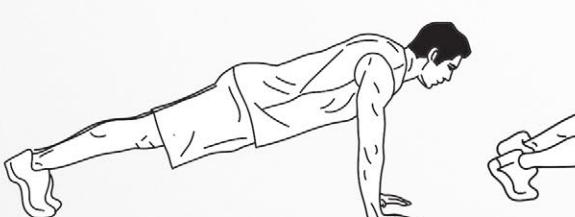
sets: Level I: 3 sets Level II: 5 sets Level III: 7 sets



1. squats



2. forward lunges



3. plank jump-ins

4. plank jacks

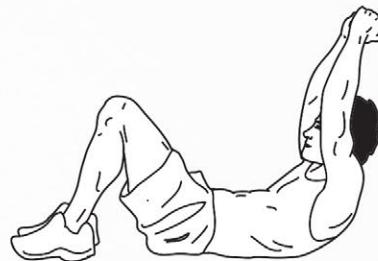
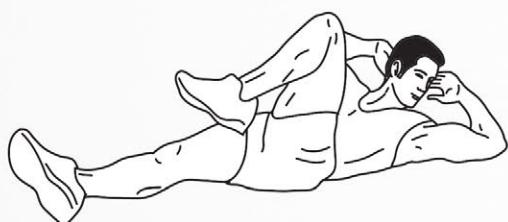
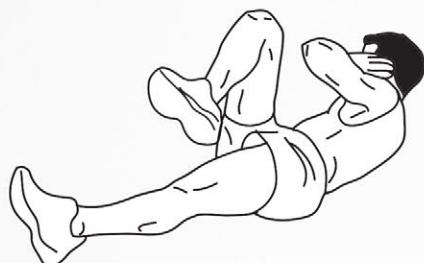
5. mountain climbers

rest between sets: up to 2 minutes

Ab Work

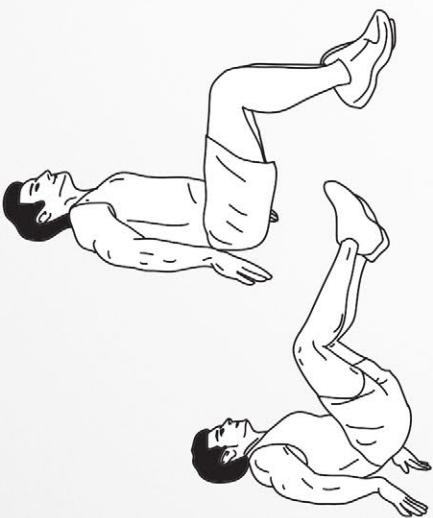
reps: **Level I:** 8 reps **Level II:** 10 reps **Level III:** 12 reps

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



1. cycling crunches

2. long arm crunches



3. reverse crunches



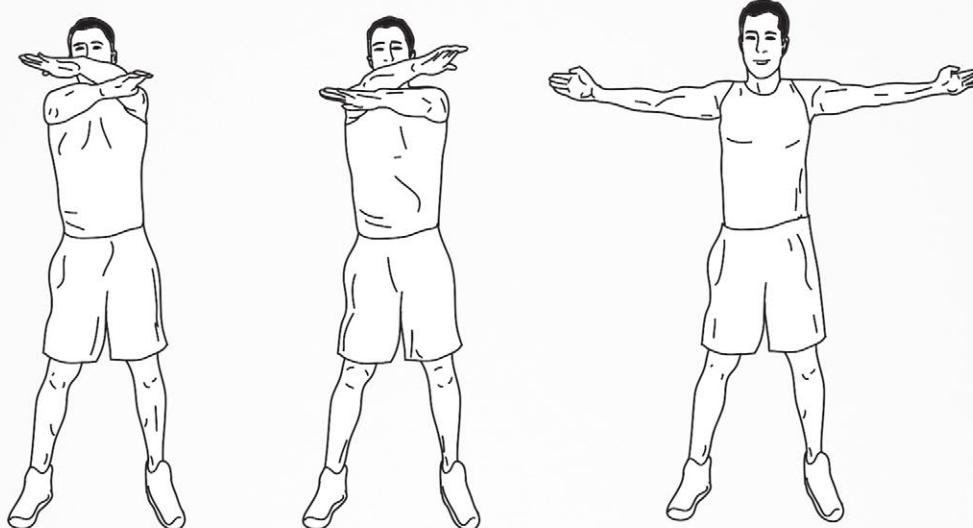
4. flutter kicks

5. knee crunches

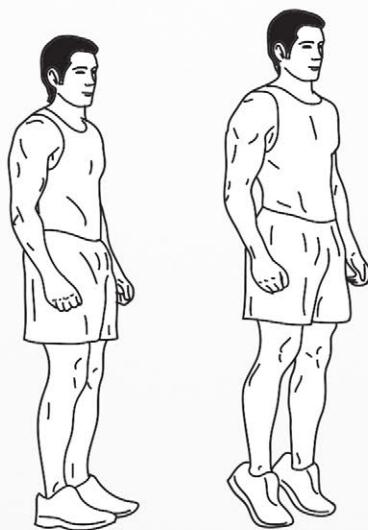
rest between sets: up to 2 minutes

Stretching

20 reps each | 3 sets | 60 seconds rest between sets



1. criss-cross chest expansions

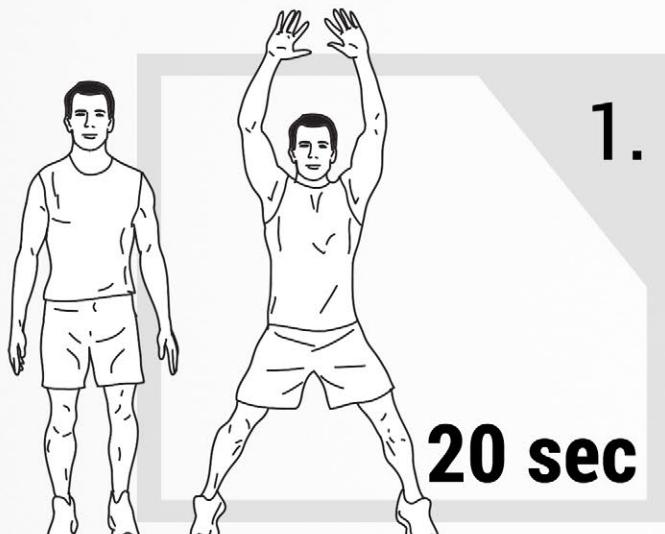


2. calf raises

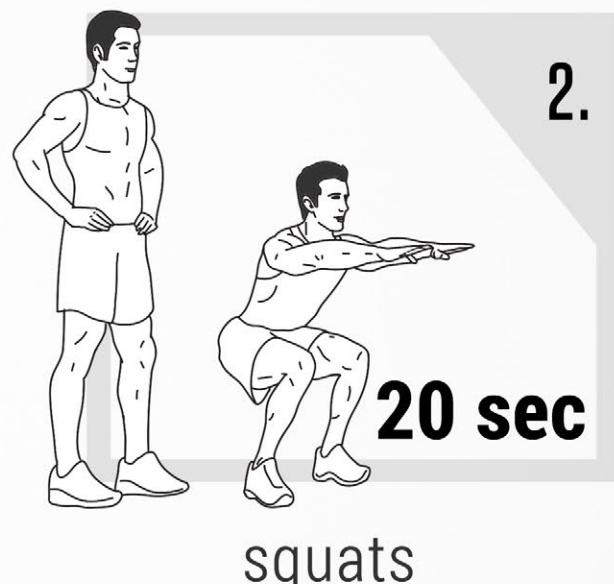
EXTRA walk 2 miles [3 km]

Cardio Workout

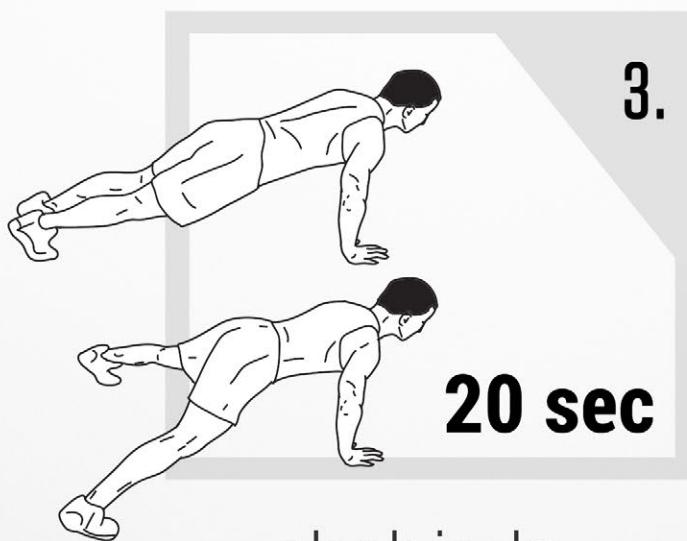
Level I 5 rounds Level II 10 rounds Level III 15 rounds
1 minute rest between rounds



jumping jacks



squats

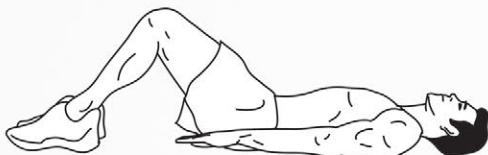


plank jacks

Ab Work

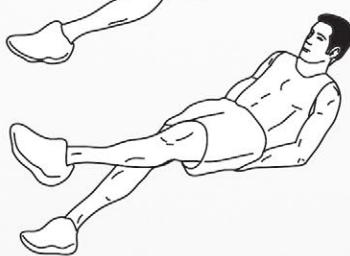
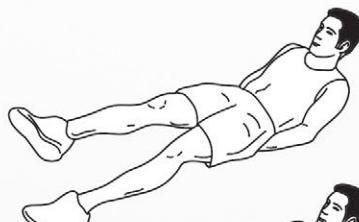
reps: Level I: 10 reps Level II: 14 reps Level III: 16 reps

sets: Level I: 3 sets Level II: 5 sets Level III: 7 sets



1. sit-ups

2. Russian twists



3. flutter kicks

4. scissors

5. knee crunches

rest between sets: up to 2 minutes

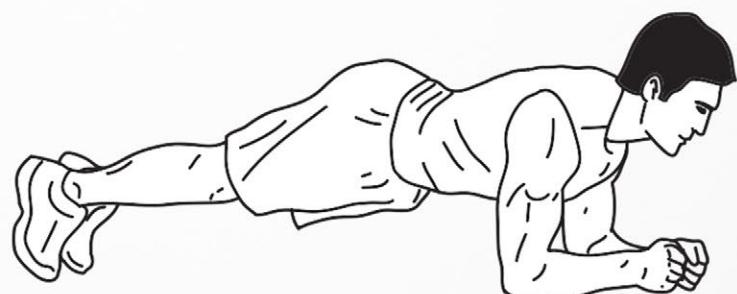
Endurance Workout

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets

45 seconds each



1. wall sit

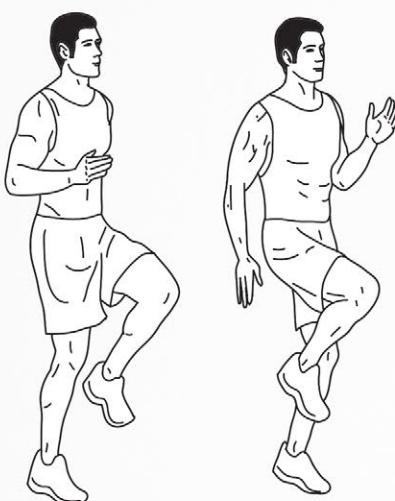


2. elbow plank

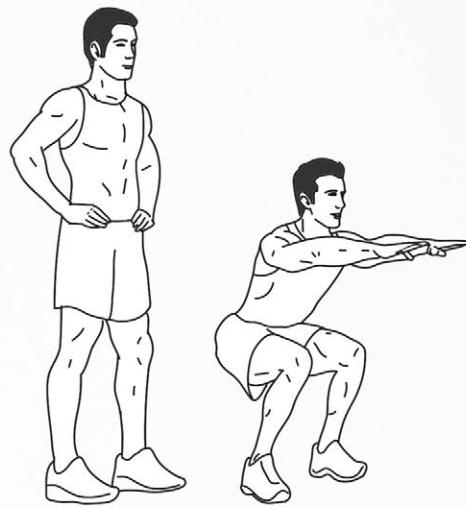
rest between sets: up to 2 minutes

Bodyweight Workout

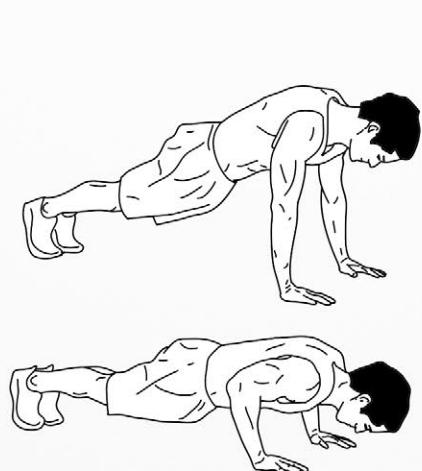
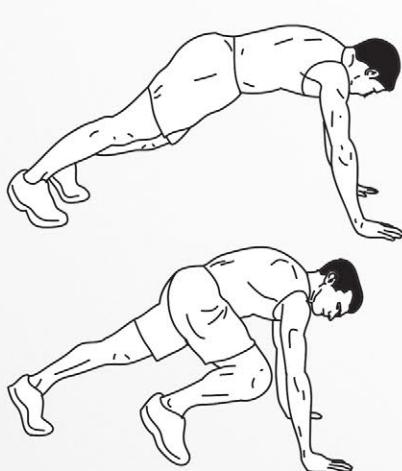
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



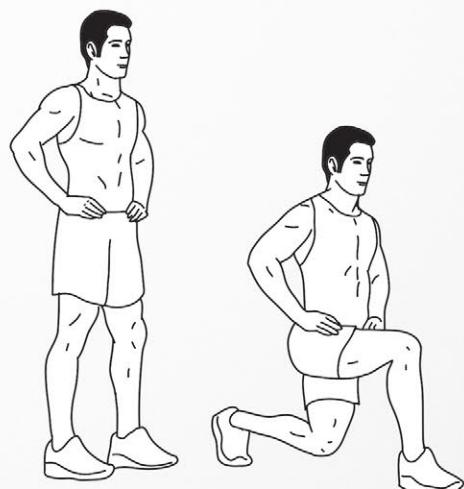
1) 20 high knees



2) 10 squats



3) 10 climbers



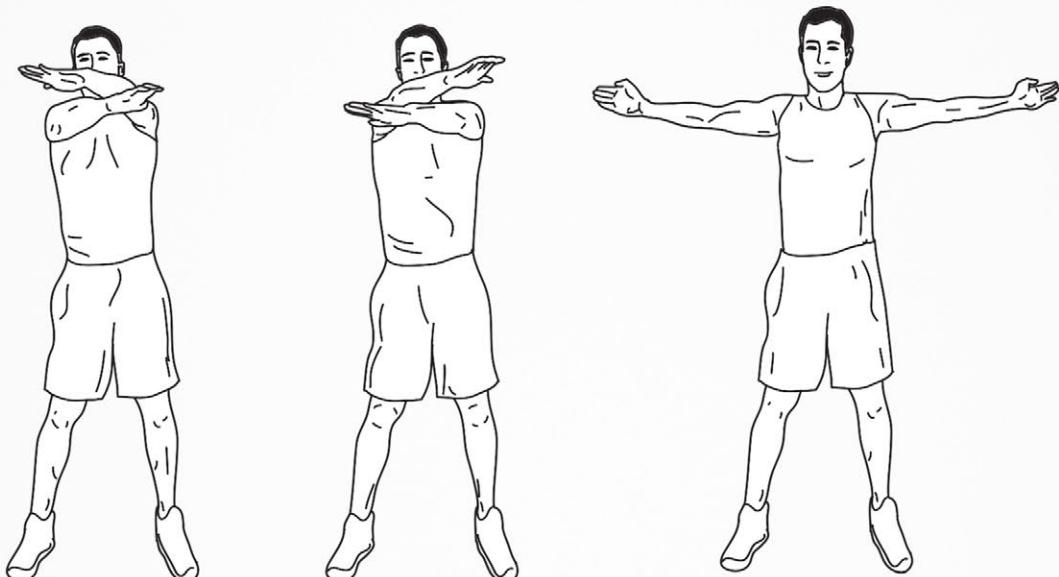
4) 5 push-ups

5) 16 lunges

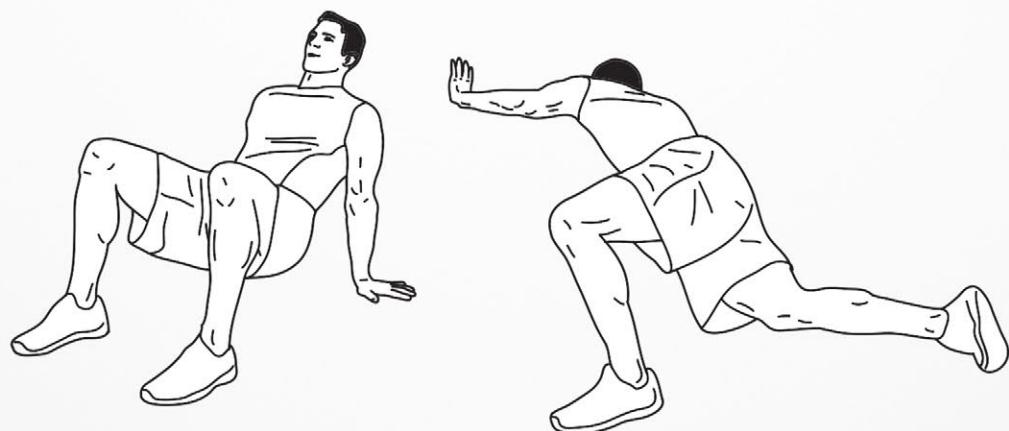
rest between sets: up to 2 minutes

Stretching

10 reps each | 5 sets | 30 second rest between sets



1. criss-cross chest expansions

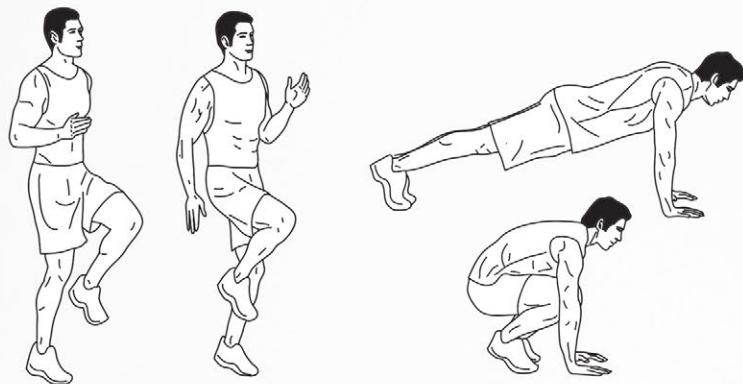


2. swipers

EXTRA walk 2 miles [3 km]

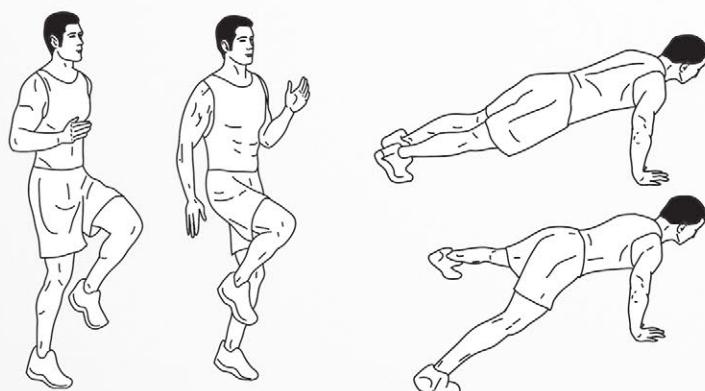
Cardio Workout

rounds: **Level I:** 3 rounds **Level II:** 5 rounds **Level III:** 7 rounds
up to 2 minutes rest between rounds



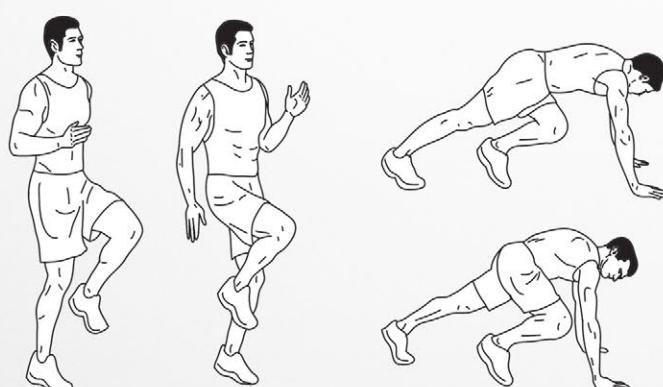
1.

10 high knees
10 plank jump-ins



2.

20 high knees
20 plank jump-ins



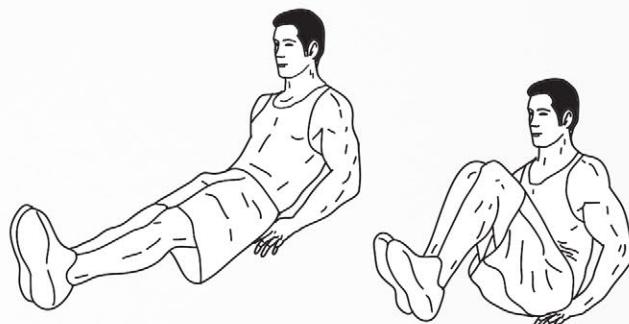
3.

30 high knees
30 mountain climbers

Ab Work

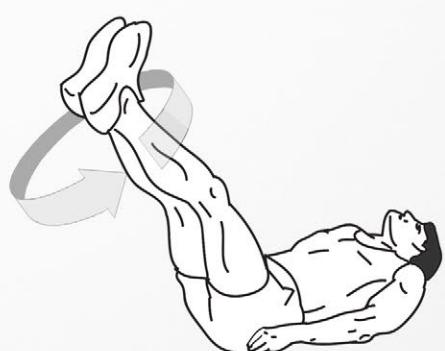
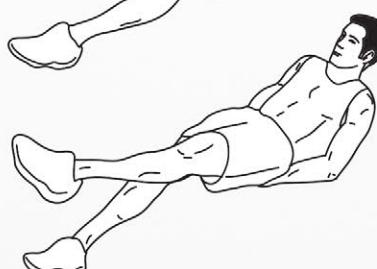
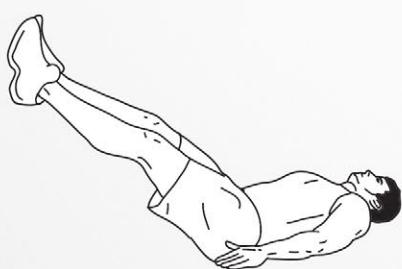
reps: Level I: 6 reps Level II: 8 reps Level III: 10 reps

sets: Level I: 3 sets Level II: 5 sets Level III: 7 sets



1. knee crunches

2. leg pull-ins



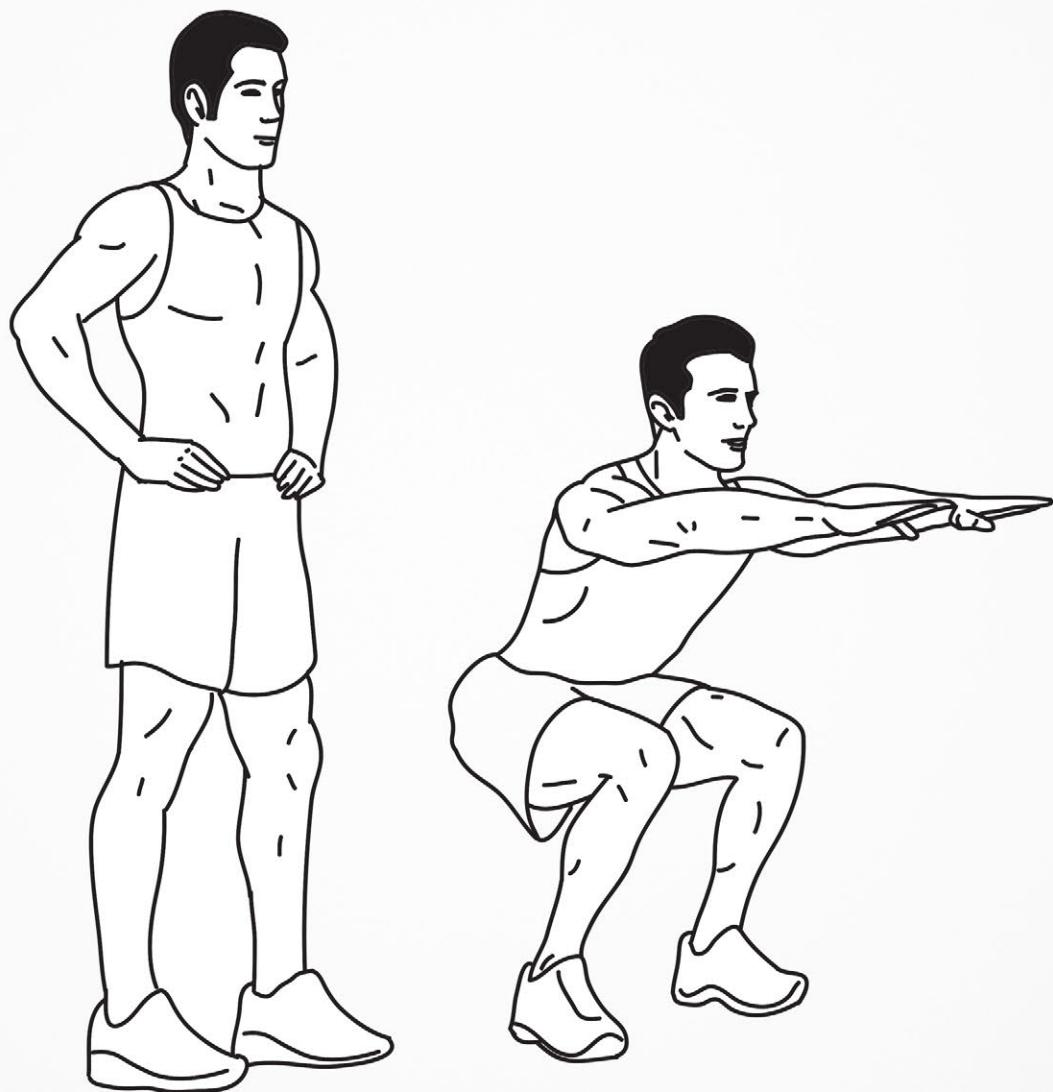
3. leg raises

4. scissors

5. raised leg circles

rest between sets: up to 2 minutes

Challenge



120 squats
[throughout the day]

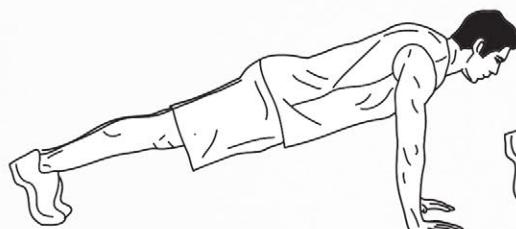
Endurance Workout

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets

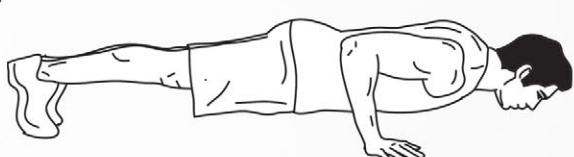
20 seconds each / no rest



1. wall sit



2. plank



3. plank push-up



4. static V

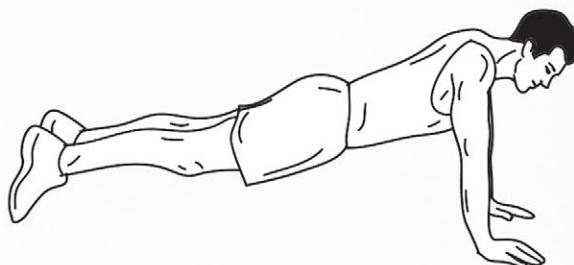
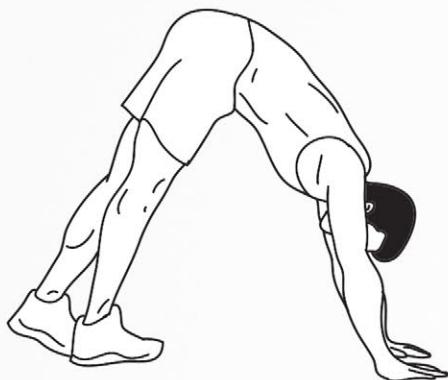
5. static raised legs

6. superman

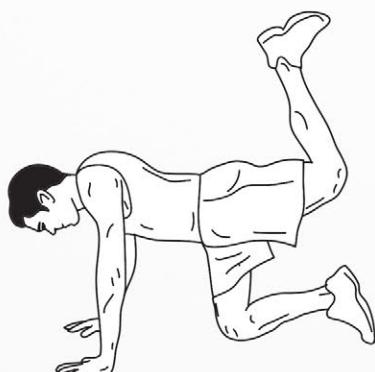
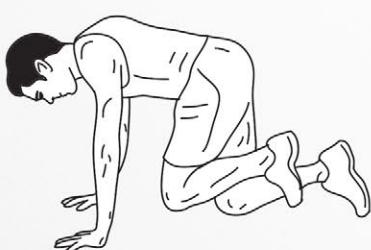
rest between sets: up to 2 minutes

Stretching

20 reps each | 3 sets | 60 seconds rest between sets



1. inch worms



2. donkey kicks

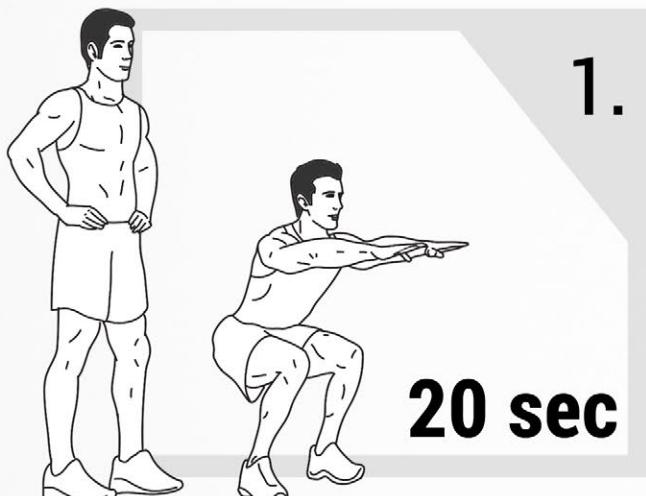


3. calf raises

EXTRA walk 2 miles [3 km]

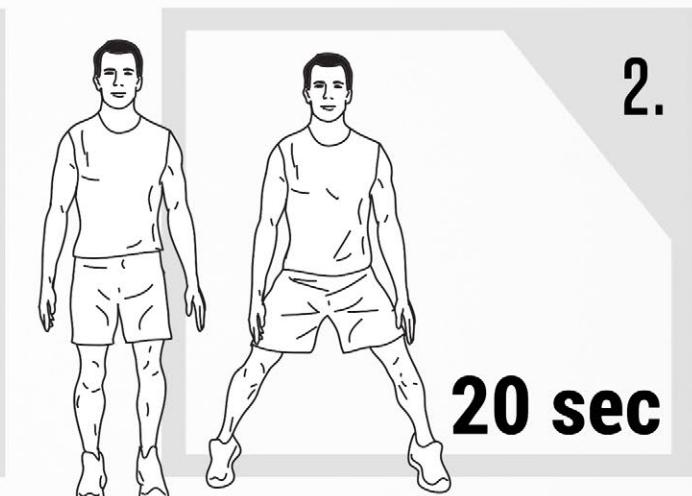
Cardio Workout

Level I 5 rounds Level II 10 rounds Level III 15 rounds
1 minute rest between rounds



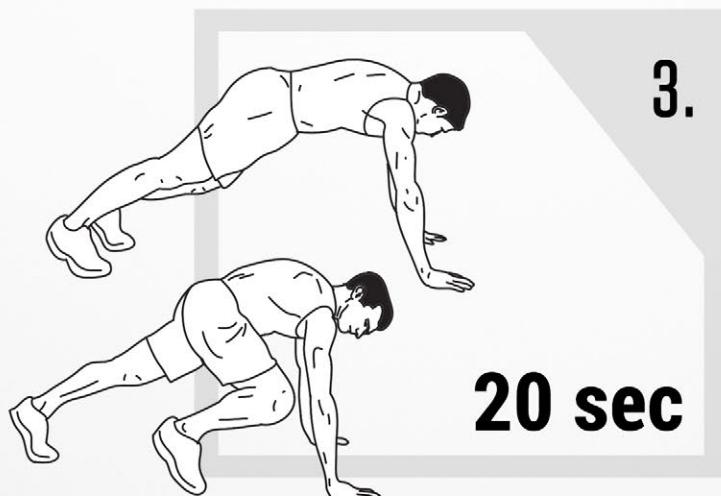
squats

1.



half jacks

2.



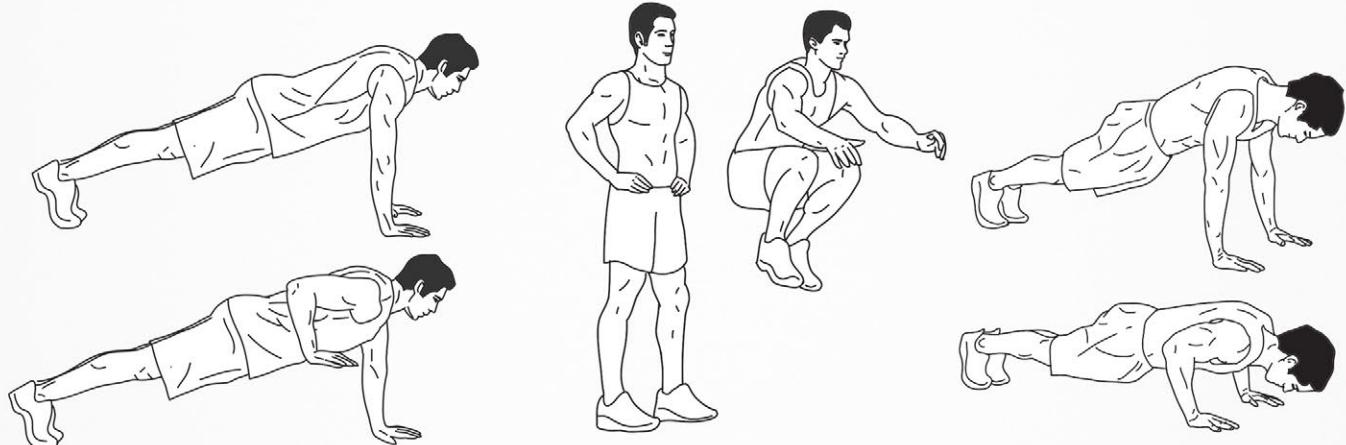
mountain climbers

3.

Strength Workout

reps: Level I: 6 reps Level II: 8 reps Level III: 10 reps

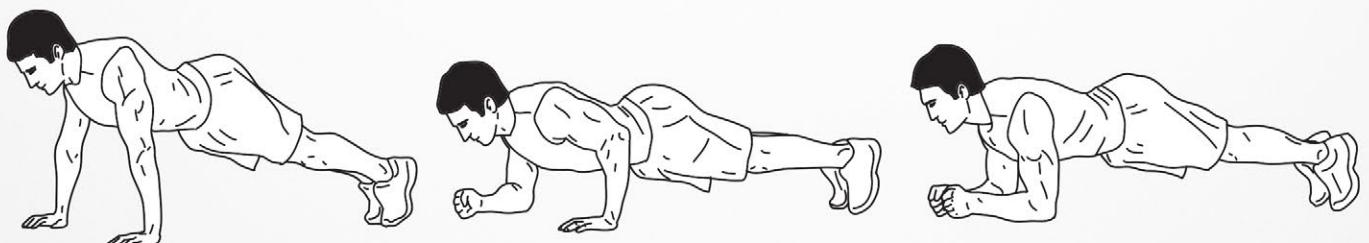
sets: Level I: 4 sets Level II: 6 sets Level III: 8 sets



1. renegade rows

2. jump squats

3. push-ups



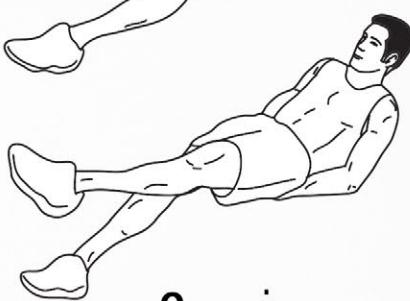
4. moving plank

rest between sets: up to 2 minutes

Ab Work

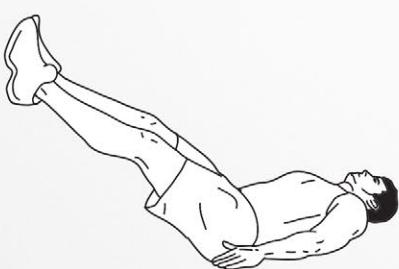
reps: Level I: 6 reps Level II: 8 reps Level III: 10 reps

sets: Level I: 3 sets Level II: 5 sets Level III: 7 sets

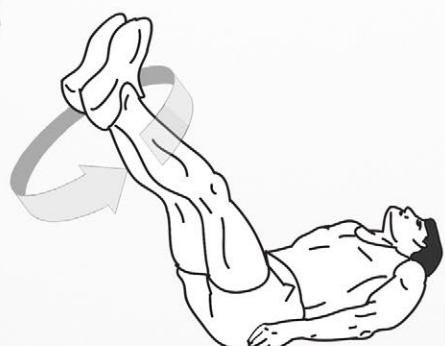


1. flutter kicks

2. scissors



3. leg raises



4. raised leg circles



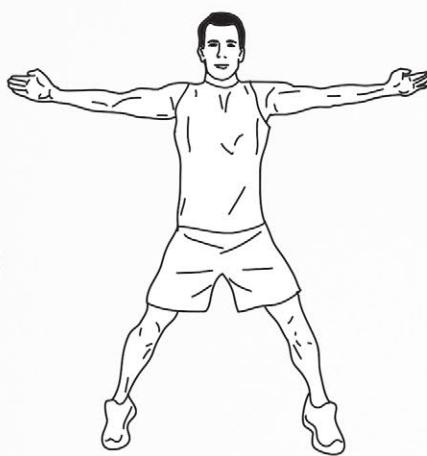
5. Russian twists

rest between sets: up to 2 minutes

Bodyweight Workout

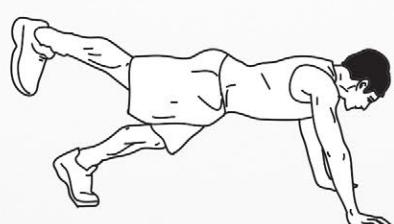
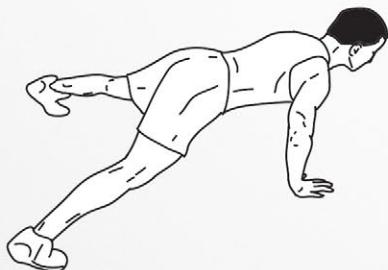
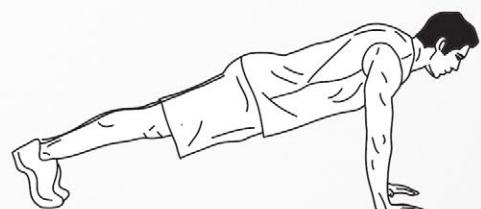
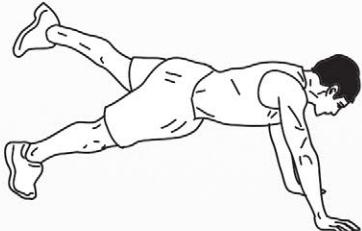
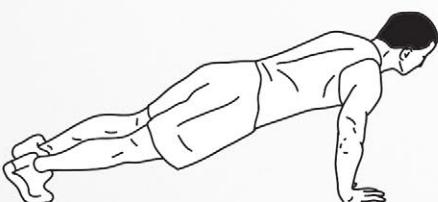
10 reps each

sets: Level I: 3 sets Level II: 5 sets Level III: 7 sets



1. jumping Ts

2. squats



3. plank jacks

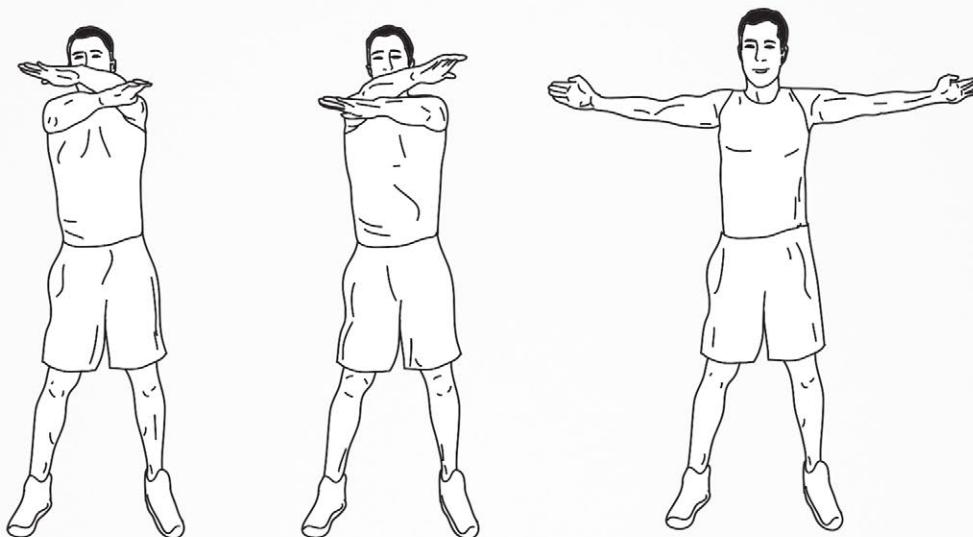
4. plank leg raises

5. plank jump-ins

rest between sets: up to 2 minutes

Stretching

10 reps each | 5 sets | 45 seconds rest between sets



1. criss-cross chest expansions

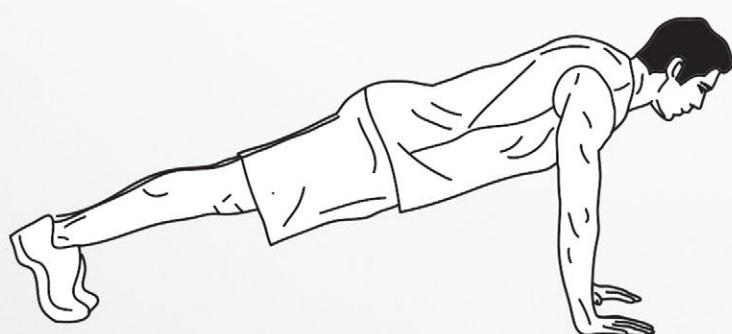


2. supermen

EXTRA walk 2 miles [3 km]

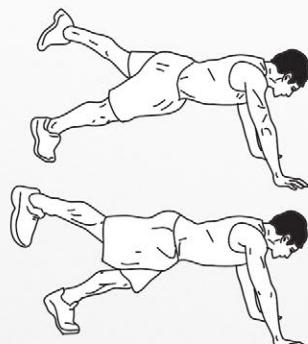
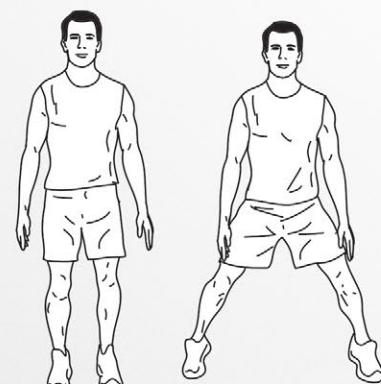
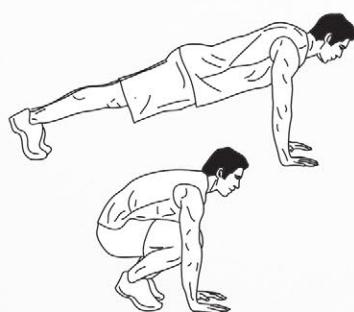
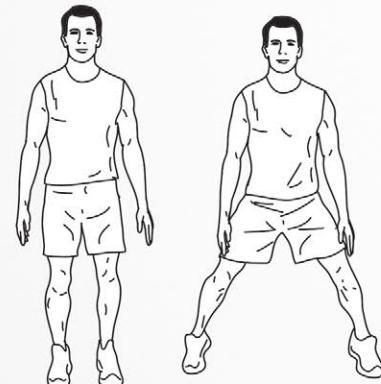
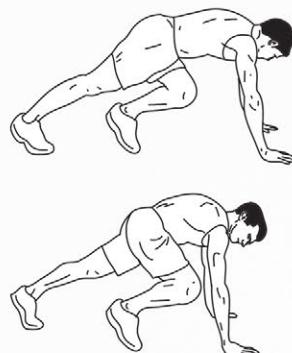
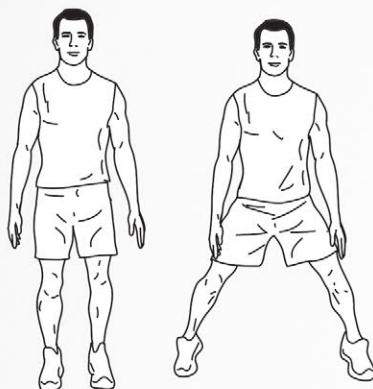
Challenge

3 plank jump-ins	20 sec rest
2 plank jump-ins	5 sec rest
1 plank jump-in	10 sec rest
5 plank jump-ins	20 sec rest
3 plank jump-ins	35 sec rest
10 plank jump-ins	40 sec rest
5 plank jump-ins	20 sec rest
4 plank jump-ins	20 sec rest
10 plank jump-ins	40 sec rest
3 plank jump-ins	10 sec rest
2 plank jump-ins	



Cardio Workout

rounds: **Level I:** 3 rounds **Level II:** 5 rounds **Level III:** 7 rounds
up to 2 minutes rest between rounds



1.

20 half jacks
20 mountain climbers

2.

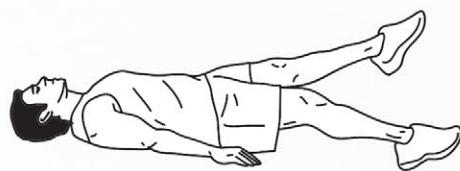
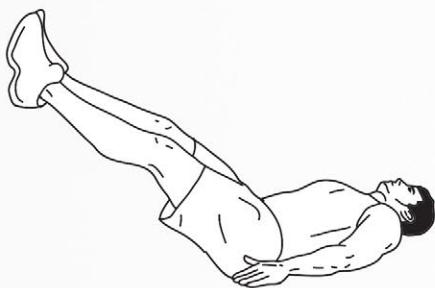
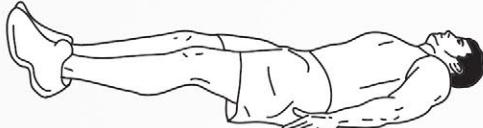
20 half jacks
20 plank jump-ins

3.

20 half jacks
20 plank leg raises

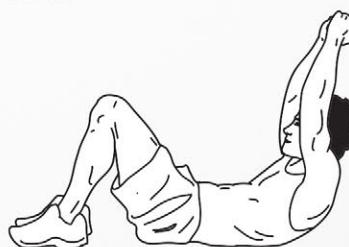
Ab Work

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



1.) 10 leg raises

2.) 20 flutter kicks



3.) 20 Russian twists

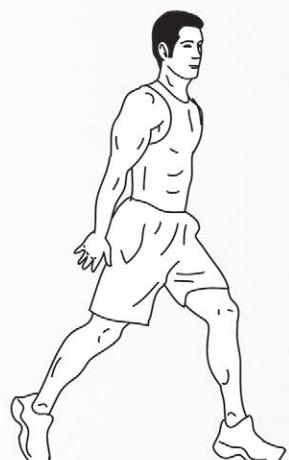
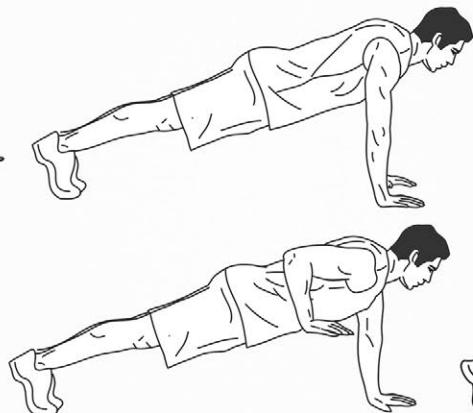
4.) 10 long arm crunches

rest between sets: up to 2 minutes

Strength Workout

reps: Level I: 6 reps Level II: 8 reps Level III: 10 reps

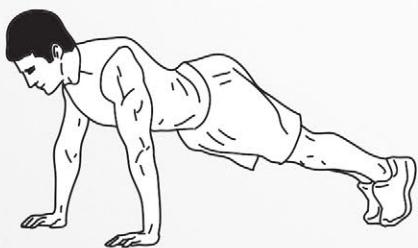
sets: Level I: 4 sets Level II: 6 sets Level III: 8 sets



1. squats

2. renegade rows

3. jumping lunges

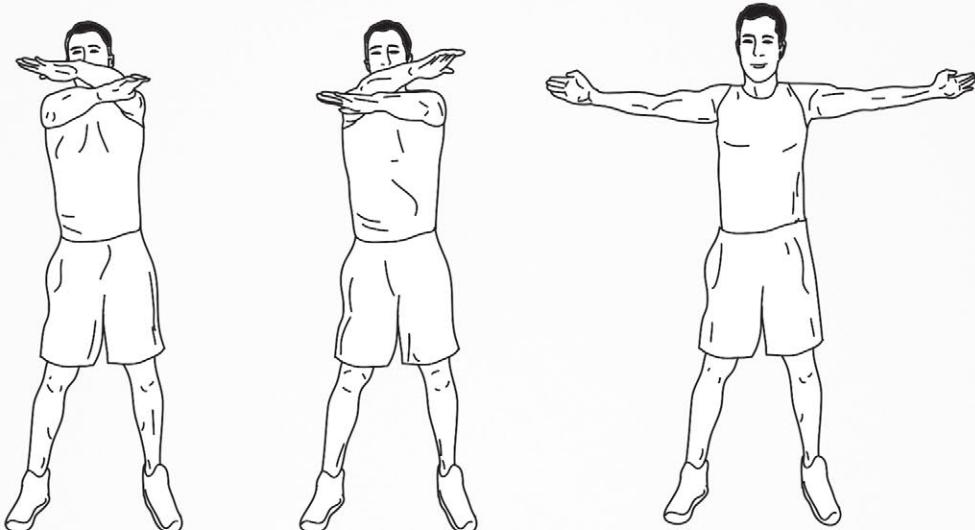


4. moving plank

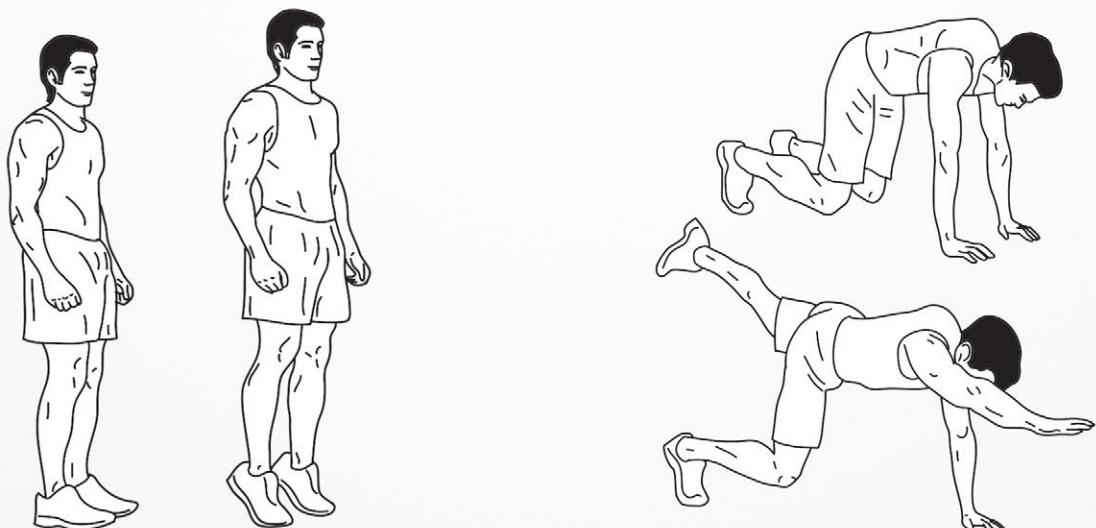
rest between sets: up to 2 minutes

Stretching

30 reps each | 3 sets | 30 seconds rest between sets



1. criss-cross chest expansions



2. calf raises

3. arch balance

EXTRA walk 2 miles [3 km]

Cardio Workout



10 reps high knees

10 reps half jacks

20 reps high knees

20 reps half jacks

30 reps high knees

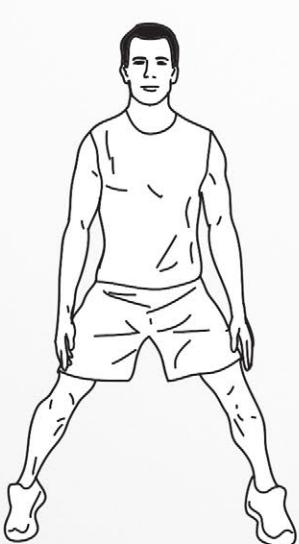
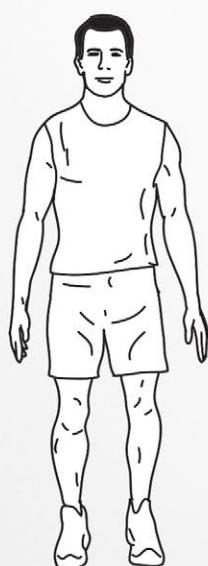
30 reps half jacks

20 reps high knees

20 reps half jacks

10 reps high knees

10 reps half jacks



LEVEL I: 4 sets

LEVEL II: 6 sets

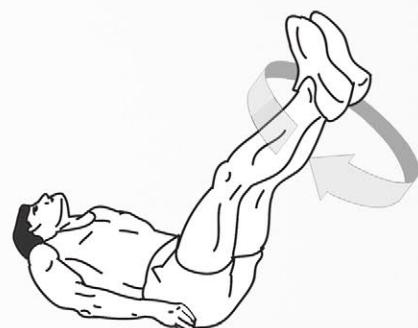
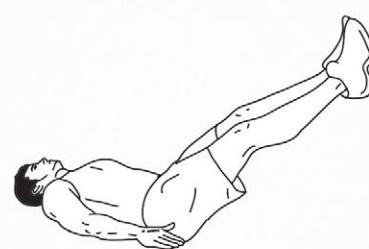
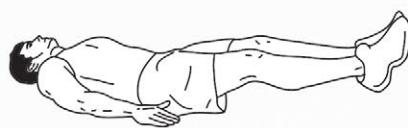
LEVEL III: 8 sets

rest between sets:
up to 3 minutes

Ab Work

reps: Level I: 6 reps Level II: 8 reps Level III: 10 reps

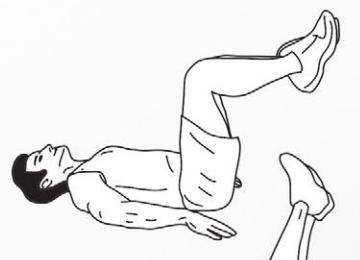
sets: Level I: 3 sets Level II: 5 sets Level III: 7 sets



1. flutter kicks

2. leg raises

3. raised leg circles



4. knee crunches

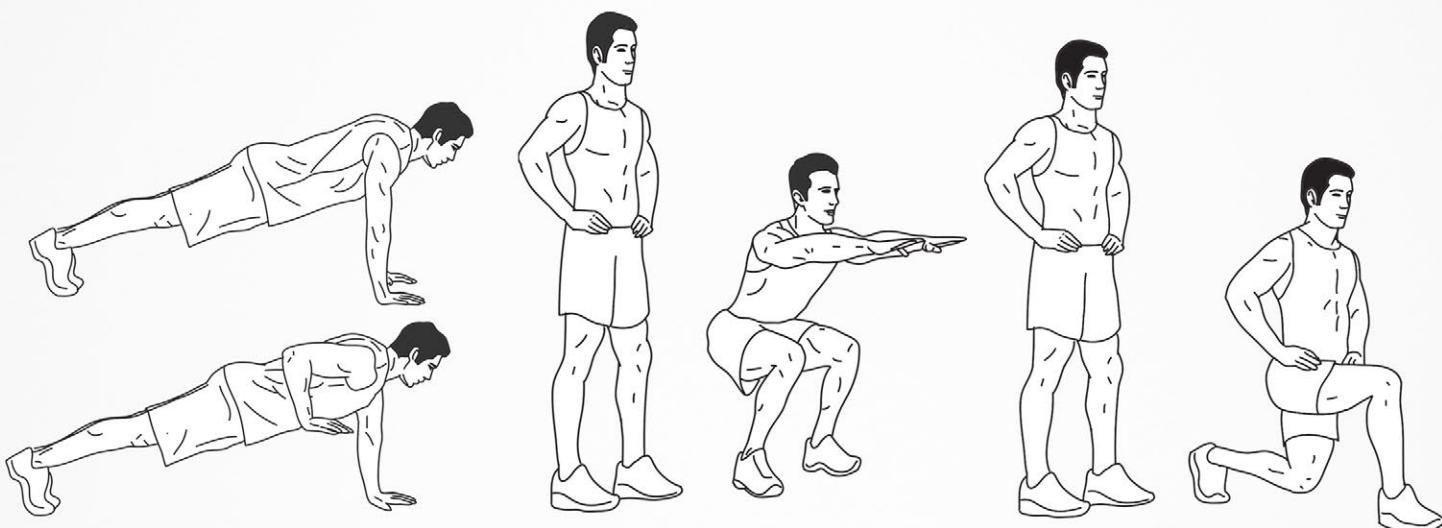
5. Russian twists

6. reverse crunches

rest between sets: up to 2 minutes

Bodyweight Workout

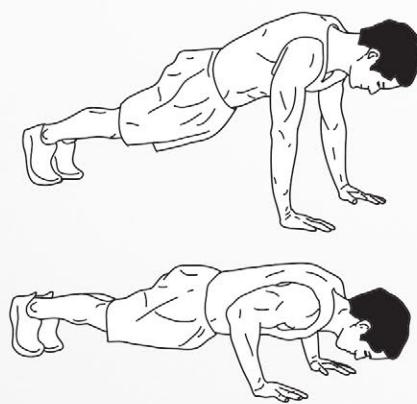
sets: Level I: 3 sets Level II: 5 sets Level III: 7 sets



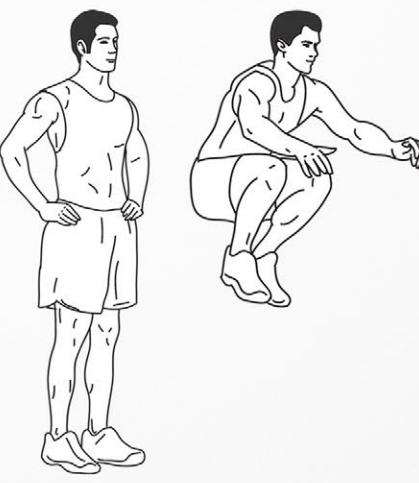
1) 12 renegade rows

2) 20 squats

3) 10 lunges



4) 6 push-ups



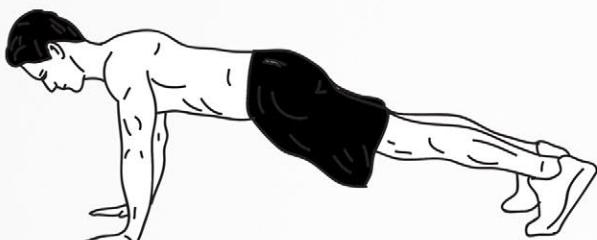
5) 6 squat jumps

rest between sets: up to 2 minutes

Endurance Workout

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets

30 seconds each



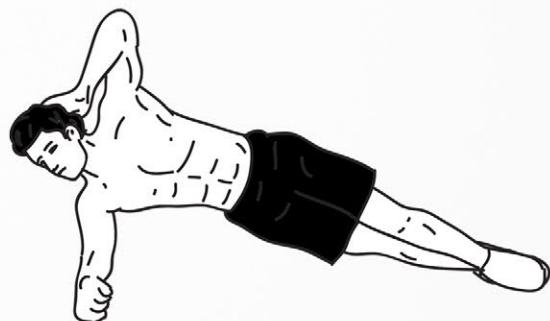
1. plank



2. elbow plank



3. raised leg elbow plank



4. side plank



5. plank

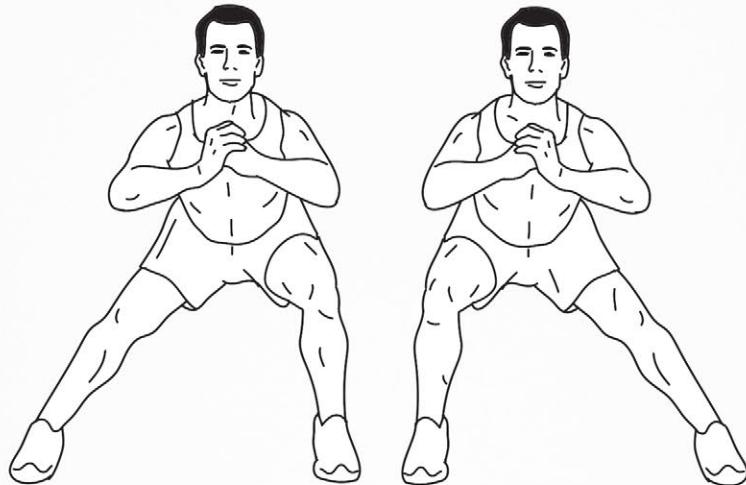


6. elbow plank

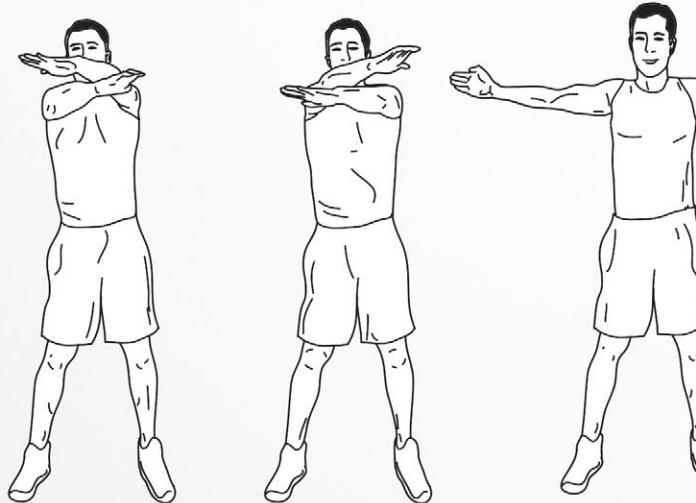
rest between sets: up to 2 minutes

Stretching

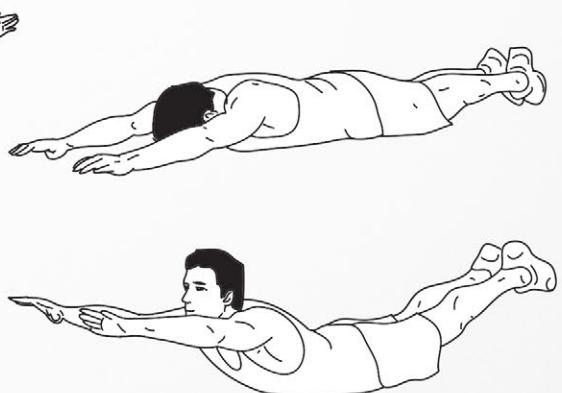
10 reps each | 5 sets | 40 seconds rest between sets



1. side-to-side lunges



2. criss-cross chest expansions



3. supermen

EXTRA walk 2 miles [3 km]

Cardio Workout

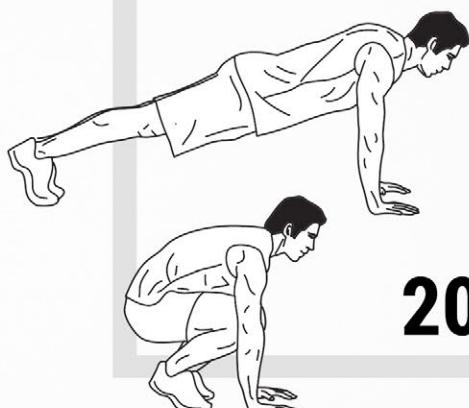
Level I 5 rounds Level II 10 rounds Level III 15 rounds
1 minute rest between rounds



1.

20 sec

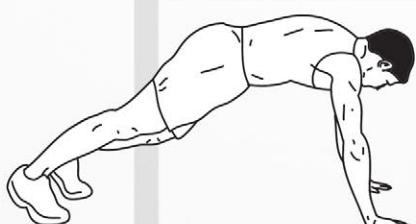
squats



2.

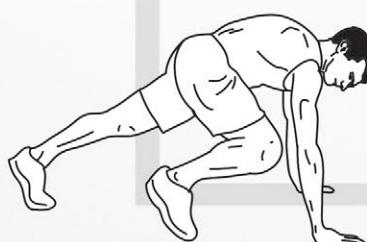
20 sec

plank jump-ins



3.

20 sec



mountain climbers

Strength Workout

4 reps each

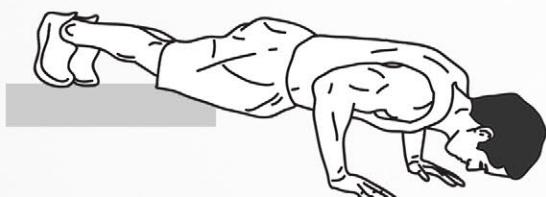
sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



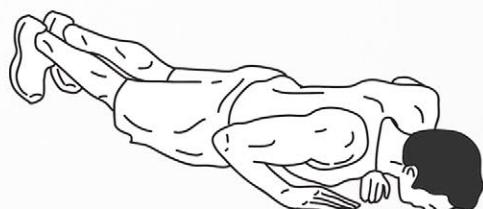
1. push-ups



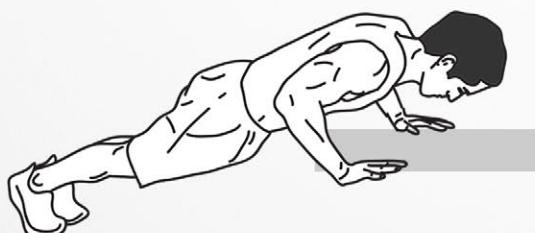
2. wide grip push-ups



3. declined push-ups



4. diamond push-ups



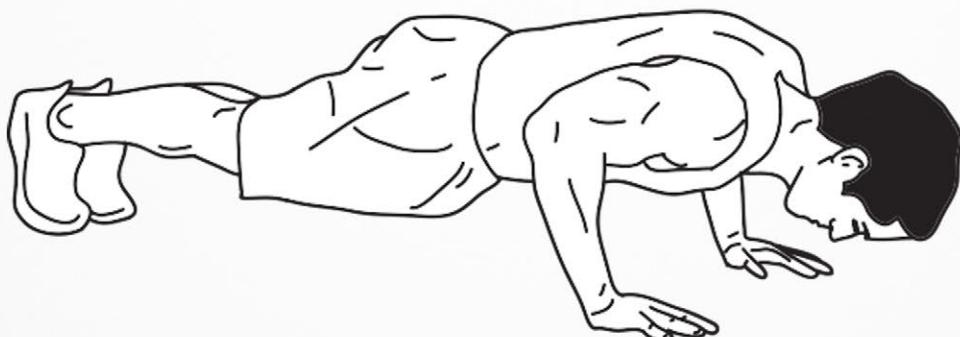
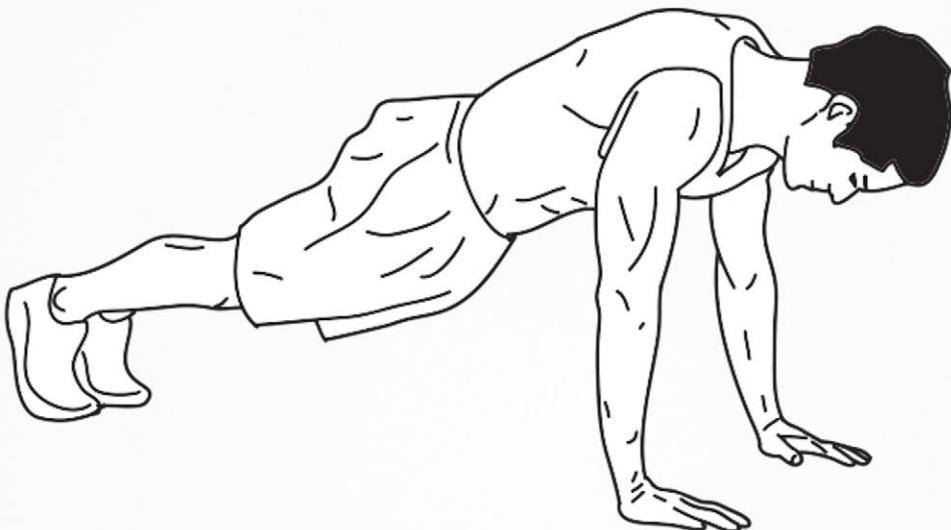
5. inclined push -ups



6. wide grip push-ups

rest between sets: up to 2 minutes

Challenge

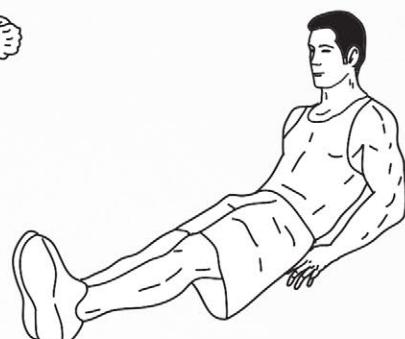
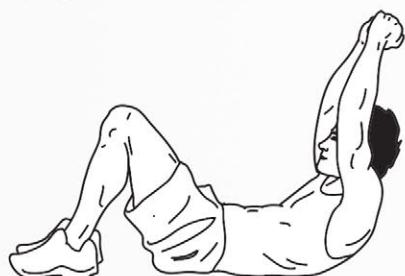


100 push-ups
throughout the day

Ab Work

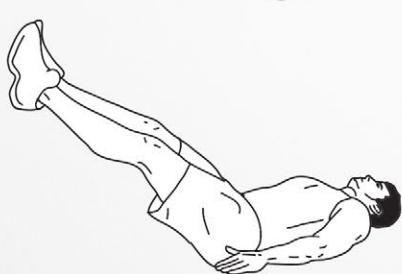
reps: Level I: 6 reps Level II: 8 reps Level III: 10 reps

sets: Level I: 3 sets Level II: 5 sets Level III: 7 sets



1. long arm crunches

2. leg pull-ins



3. leg raises

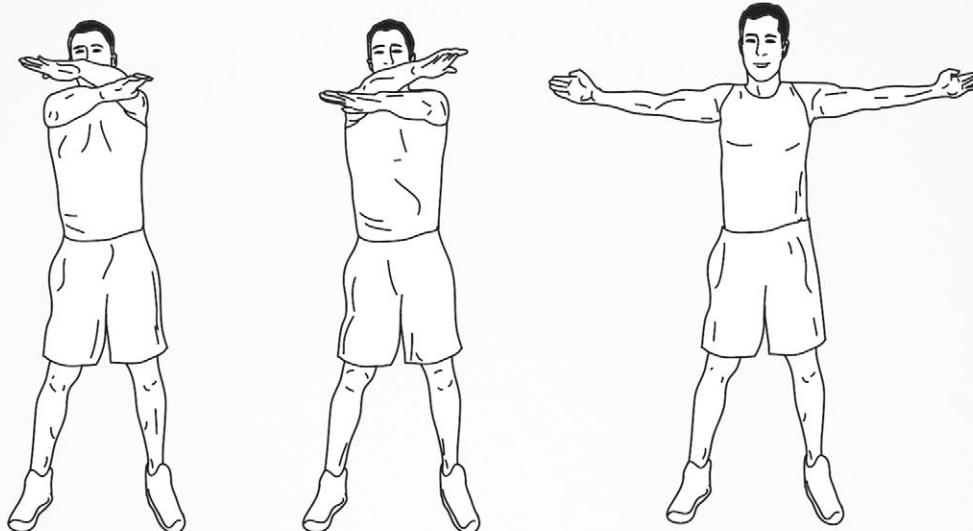
4. flutter kicks

5. reversed crunches

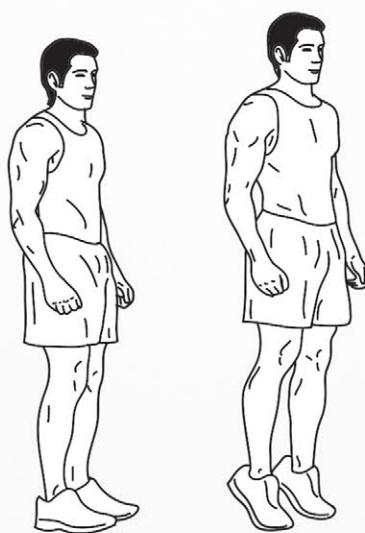
rest between sets: up to 2 minutes

Stretching

20 reps each | 3 sets | 60 seconds rest between sets



1. criss-cross chest expansions



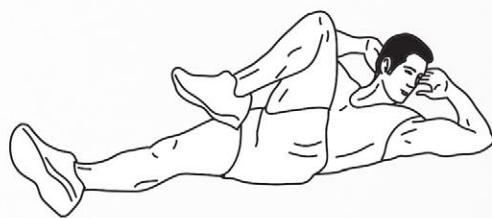
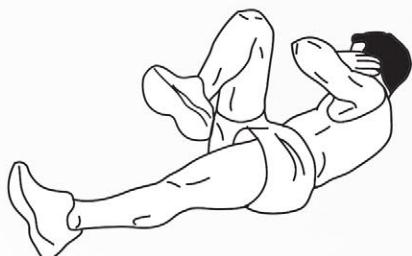
2. calf raises

EXTRA walk 2 miles [3 km]

Ab Work

reps: **Level I:** 10 reps **Level II:** 20 reps **Level III:** 30 reps

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets



1. knee crunches

2. cycling crunches



3. flutter kicks

rest between sets: up to 2 minutes

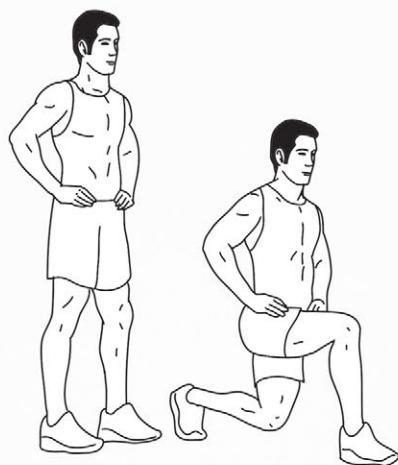
Bodyweight Workout

10 reps each

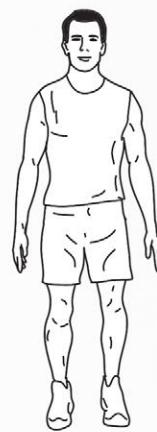
sets: Level I: 3 sets Level II: 5 sets Level III: 7 sets



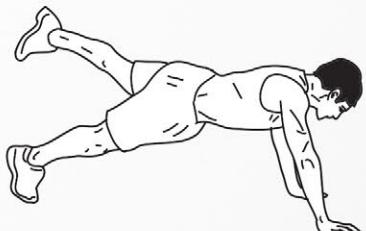
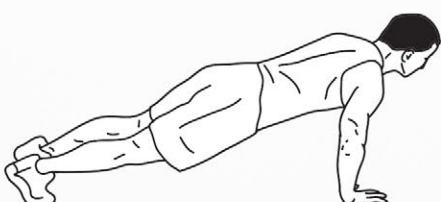
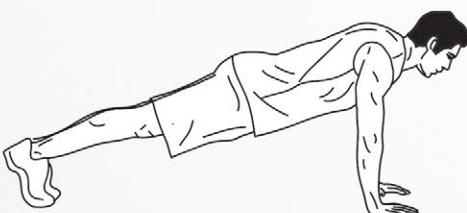
1. squats



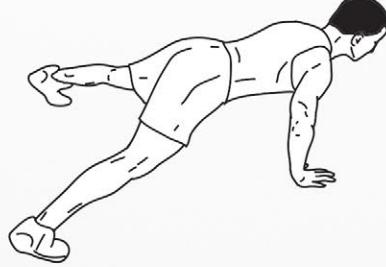
2. forward lunges



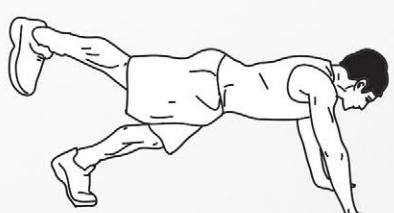
3. leg raises



4. plank jump-ins



5. plank jacks



6. plank leg raises

rest between sets: up to 2 minutes

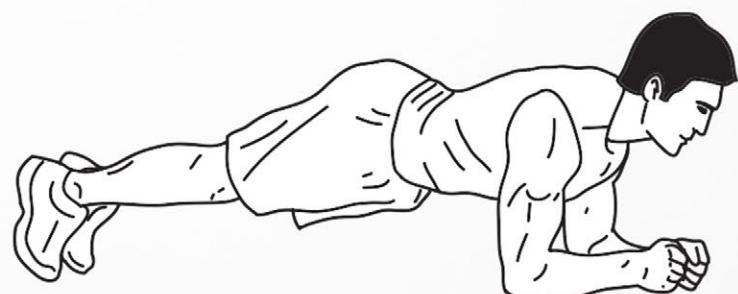
Endurance Workout

sets: **Level I:** 3 sets **Level II:** 5 sets **Level III:** 7 sets

60 seconds each



1. wall sit

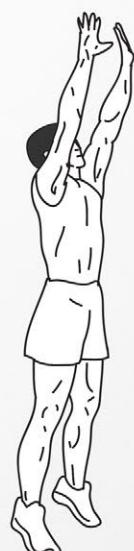
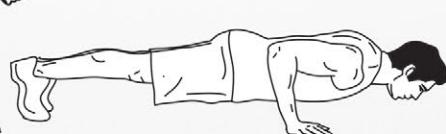
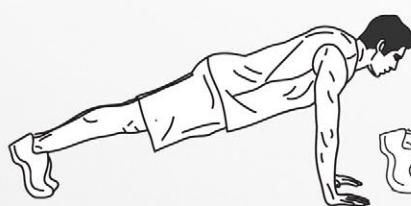


2. elbow plank

rest between sets: up to 2 minutes

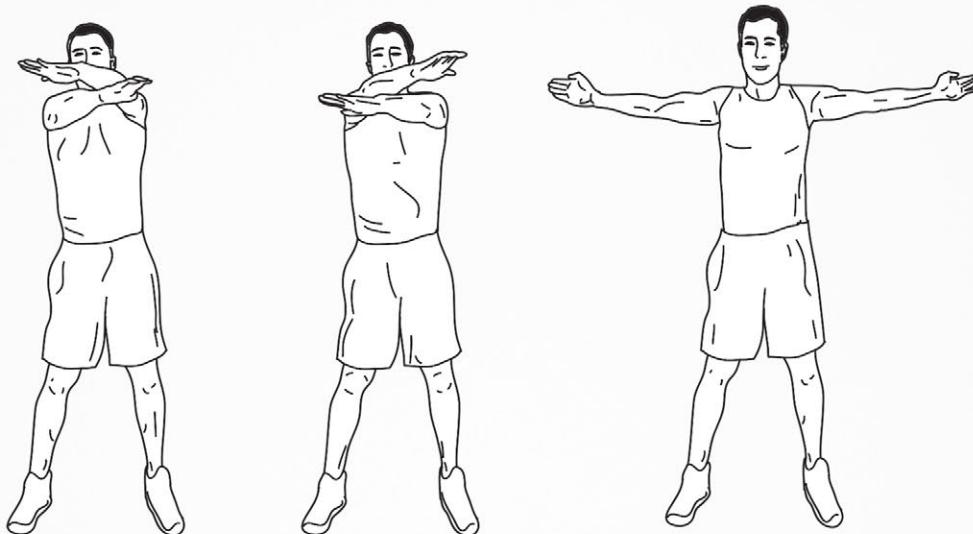
Challenge

5 burpees	60 sec rest
6 burpees	45 sec rest
2 burpees	30 sec rest
6 burpees	60 sec rest
4 burpees	40 sec rest
6 burpees	35 sec rest
12 burpees	60 sec rest
6 burpees	30 sec rest
2 burpees	20 sec rest
12 burpees	60 sec rest
4 burpees	10 sec rest
4 burpees	



Stretching

20 reps each | 5 sets | 30 seconds rest between sets



1. criss-cross chest expansions



2. supermen

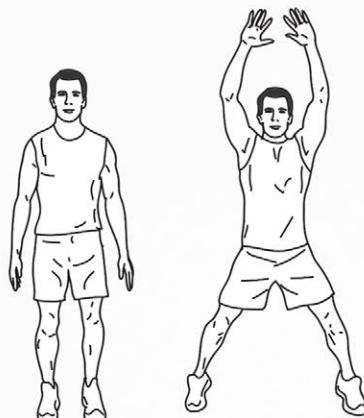
EXTRA walk 2 miles [3 km]

HIIT Workout

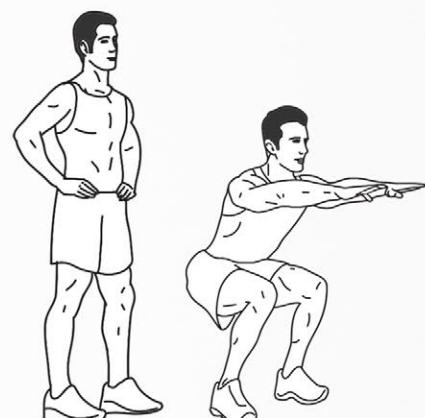
1 minute each exercise / 1 minute rest after each exercise



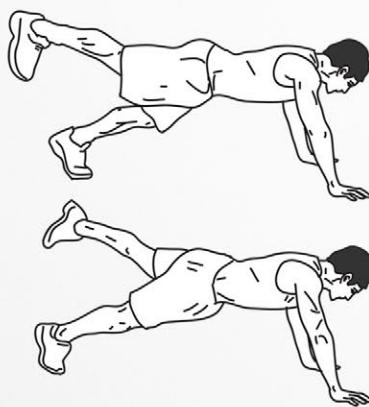
1. high knees



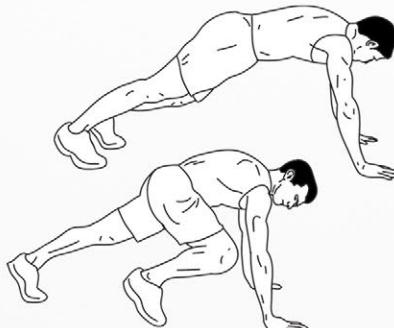
2. jumping jacks



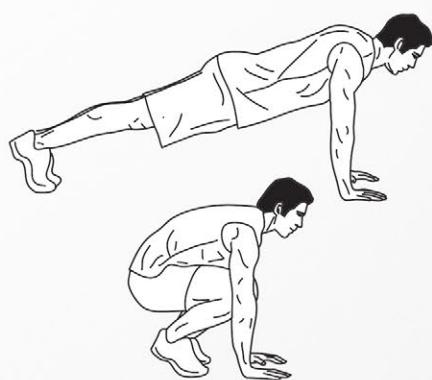
3. squats



4. plank leg raises



5. climbers

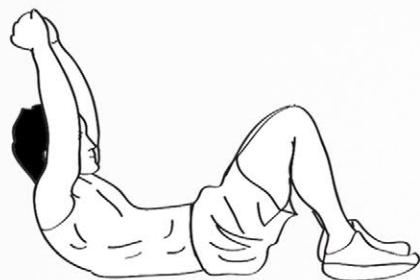


6. plank jump-ins

Ab Work

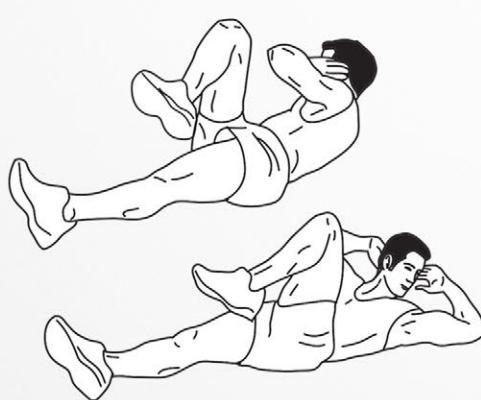
reps: Level I: 6 reps Level II: 8 reps Level III: 10 reps

sets: Level I: 3 sets Level II: 5 sets Level III: 7 sets



1. long arm crunches

2. reverse crunches



3. cycling crunches

4. modified Vs

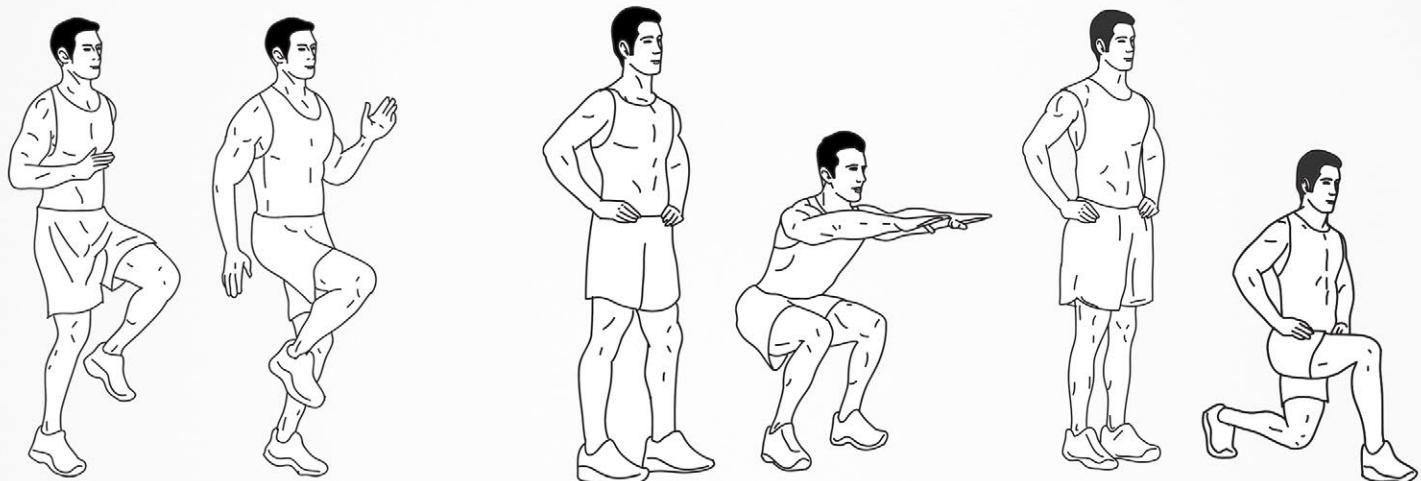
6. heel touches

rest between sets: up to 2 minutes

Bodyweight Workout

10 reps each

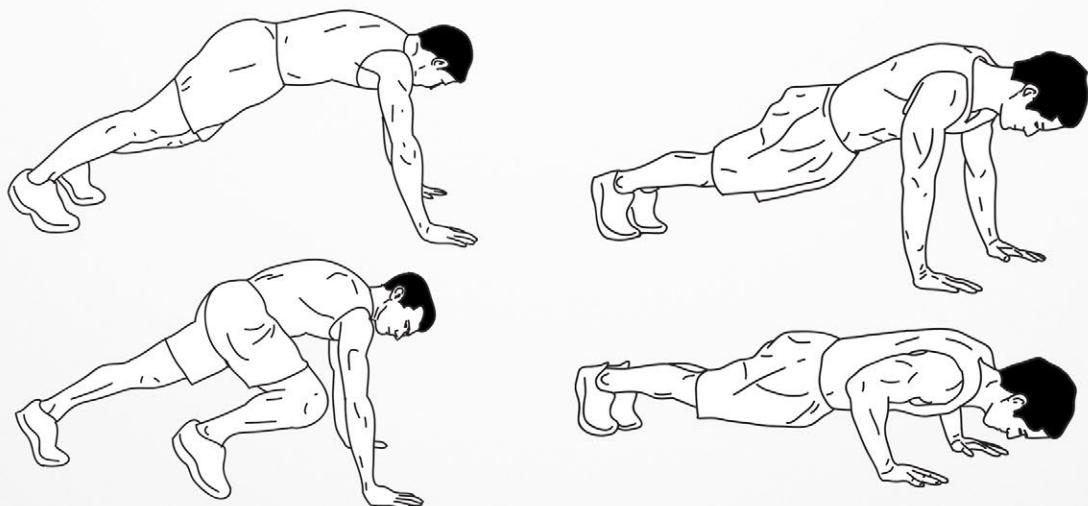
sets: Level I: 3 sets Level II: 5 sets Level III: 7 sets



1. high knees

2. squats

3. lunges



4. mountain climbers

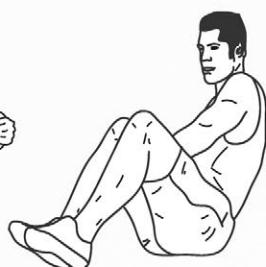
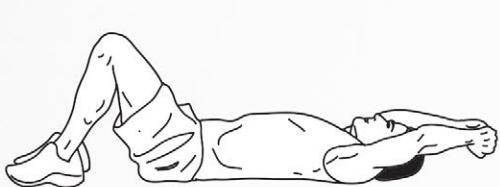
5. push-ups

rest between sets: up to 2 minutes

Ab Work

reps: Level I: 6 reps Level II: 8 reps Level III: 10 reps

sets: Level I: 3 sets Level II: 5 sets Level III: 7 sets



1. long arm crunches

2. Russian twists

3. leg pull-ins



4. knee crunches

5. flutter kicks

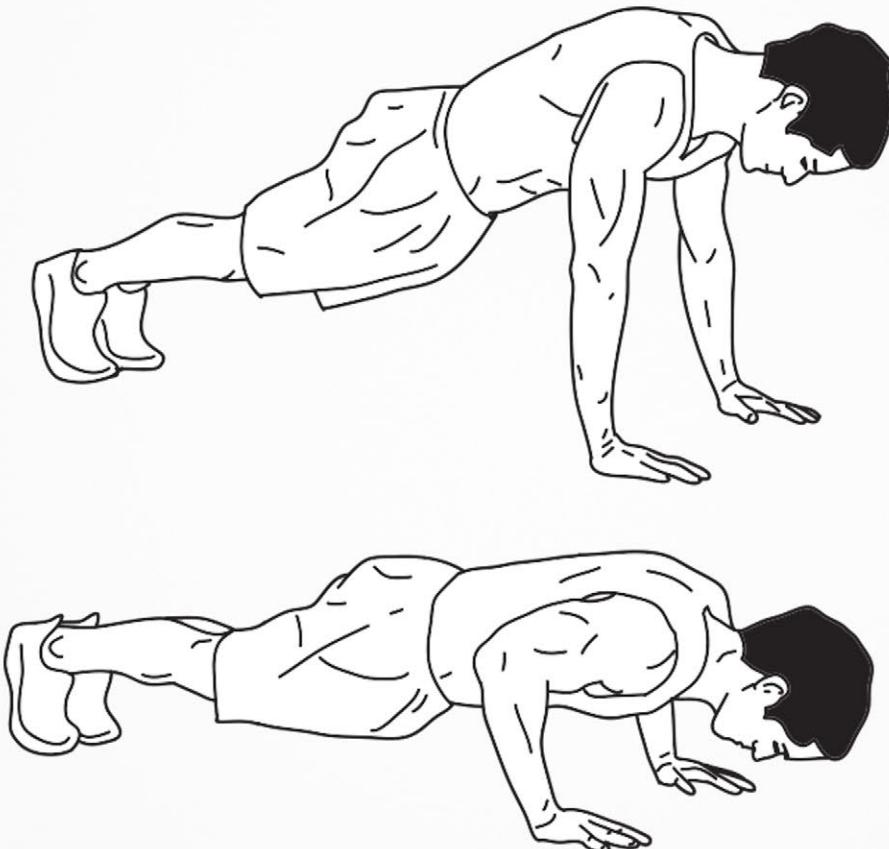
6. spiderman crunches

rest between sets: up to 2 minutes

Day 90

90 days of **action**

Challenge



150 push-ups

[throughout the day]

Support the Project

If you found my work useful and you can afford to make a small donation, please, consider giving back. I keep everything I ever make, every program and every single workout, free and available to anyone who wants it, no matter how much I may need the money or how appealing it may become to put a price tag on my work. It is here, if you need it – take it. If you can give back, please do. **Every little counts and keeps the project and me going.**

give \$1

give \$5

give \$10

donate
a different amount

PayPal



more free workouts & fitness programs at

neilarey.com