Y’all. We made it through 2020! And we have a great way to celebrate: our 2021 Workout Challenge. Like we’ve done in years past (see here and here), we’ve put together a 2021-themed workout using only bodyweight that you can do at home. This year’s workout has a bit of a challenge aspect to it as well: Set a timer for 21 minutes (because, 2021, of course) and see how many rounds you can get through! As always, modify as needed (wall push-ups or push-ups on knees or toes, marching in place or side-stepping for high-impact moves, etc.) and listen to your body (and your doctor). For the curtsy lunges, because each lunge counts as one rep, be sure to switch what leg you start on each time you go through the circuit (otherwise, you won’t work them evenly). This 2021 Workout Challenge is a fun one, so let’s get to it! Feel free to share this graphic and tag @FitBottomedGirl so that we can give you a virtual high-five for completing it! Remember: Fit bottoms come in ALL shapes and sizes! –Jenn FTC disclosure: We often receive products from companies to review. All thoughts and opinions are always entirely our own. Unless otherwise stated, we have received no compensation for our review and the content is purely editorial. Affiliate links may be included. If you purchase something through one of those links we may receive a small commission. Thanks for your support! I am also started my new year resolution to remain fit and fine this year and will love to do some extra work. What a fabulous post!! Very interesting. NICE POST Just read the complete blog! I would really thank you for the information provided in such an apt way. It answered all my queries. Great info thanks buddy! Will surely utilize your research resources. I’m so proud to be a part of these workout challenges. Thank you! I’ll try it for sure. I am reading a blog on this website for the first time and I would like to tell you that the quality of the content is up to the mark. It is very well written. Thank you so much for writing this blog and I will surely read all the blogs from now on. starting workout from this blog thankyou Wow! This is a little hard for a beginner me ^^ But I love the challenge. Thank you for sharing! Am going to start a workout on my birthday resolution which is coming this week. Thank you for motivating me! Thank you for the useful information, buddy! I will undoubtedly make use of your research resources. While the language is acquiring prevalence, there is as yet insufficient interest in seeking after a course or confirmation in procuring this ability to begin a profession. It is a worthwhile professional alternative that an ever-increasing number of individuals should contemplate seeking after with the best Python course institute in Noida. Comments are closed.