

C H E L S E A ' S F U L L B O D Y F I T N E S S P L A N

PERSONAL GOALS

Some goals I wish to accomplish by the end of this fitness plan!!

Find all the workouts at [getfit.cheollie.repl.co!](http://getfit.cheollie.repl.co)

My first goal is to be able to hold a plank for over 2.5 minutes, two weeks from starting the fitness plan. (muscular)

My second goal is to be able to do 130 skips in one minute, two weeks from starting this fitness plan. (cardiovascular)

My last goal is to be able to reach 30 centimeters past my feet, two weeks from starting this fitness plan. (flexibility)

C H E L S E A ' S F U L L B O D Y F I T N E S S P L A N

FITNESS PLAN

This is a two-week full-body workout fitness plan! Each day consists of a 45-60 min workout aimed for teens aged 14-18.

Find all the workouts at [getfit.cheollie.repl.co!](http://getfit.cheollie.repl.co)

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

warm up #1
muscular #1
cooldown #1

warm up #2
cardio #1
cooldown #2

warm up #1
muscular #2
cooldown #1

warm up #2
cardio #2
cooldown #2

warm up #3
cardio #3
muscular #3
cooldown #3

flexibility #1
[25 min]

DAY 7

flexibility #2

[45 min]

[45 min]

[45 min]

[45 min]

[55 min]

[20 min]

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

warm up #1
muscular #1
cooldown #1

warm up #2
cardio #1
cooldown #2

warm up #1
muscular #2
cooldown #1

warm up #2
cardio #2
cooldown #2

warm up #3
cardio #3
muscular #3
cooldown #3

flexibility #1

DAY 14

flexibility #2

[55 min]

[55 min]

[55 min]

[55 min]

[60 min]

[20 min]

C H E L S E A ' S F U L L B O D Y F I T N E S S P L A N

FITNESS LOG

Use this as a checklist to check off each workout when you finish! Find the entire fitness plan and workouts at [getfit.cheollie.repl.co!](http://getfit.cheollie.repl.co)

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

- warm up #1
- muscular #1
- cooldown #1

- warm up #2
- cardio #1
- cooldown #2

- warm up #1
- muscular #2
- cooldown #1

- warm up #2
- cardio #2
- cooldown #2

- warm up #3
- cardio #3
- muscular #3
- cooldown #3

- flexibility #1

DAY 7

- flexibility #2

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

- warm up #1
- muscular #1
- cooldown #1

- warm up #2
- cardio #1
- cooldown #2

- warm up #1
- muscular #2
- cooldown #1

- warm up #2
- cardio #2
- cooldown #2

- warm up #3
- cardio #3
- muscular #3
- cooldown #3

- flexibility #1

DAY 14

- flexibility #2

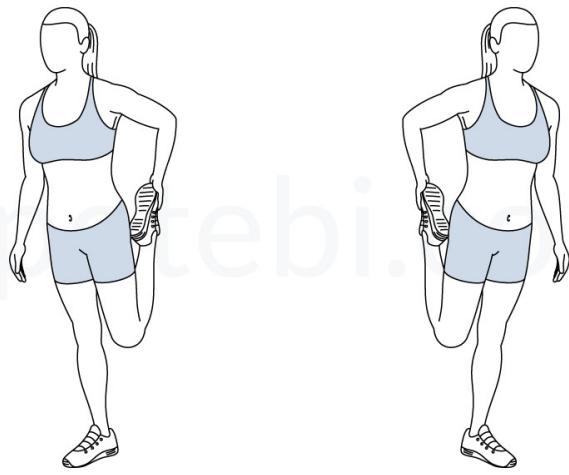
C H E L S E A ' S F U L L B O D Y F I T N E S S P L A N

WARM UP #1

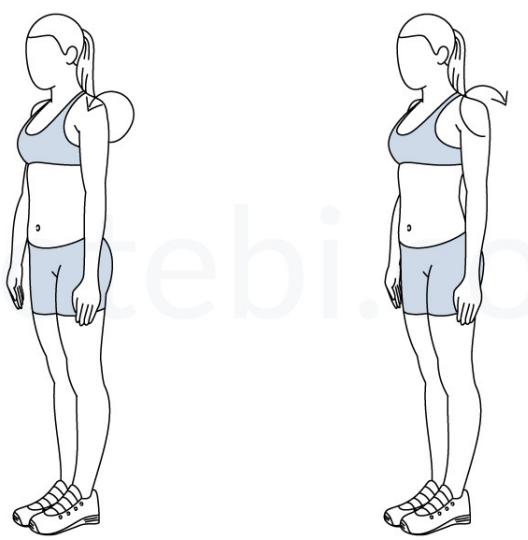
MUSCULAR DAYS | DAYS 1 + 3 + 8 + 10
5 min | 30 secs on, 15 secs off | 7 exercises

Find the full fitness plan at
[getfit.cheollie.repl.co!](http://getfit.cheollie.repl.co/)

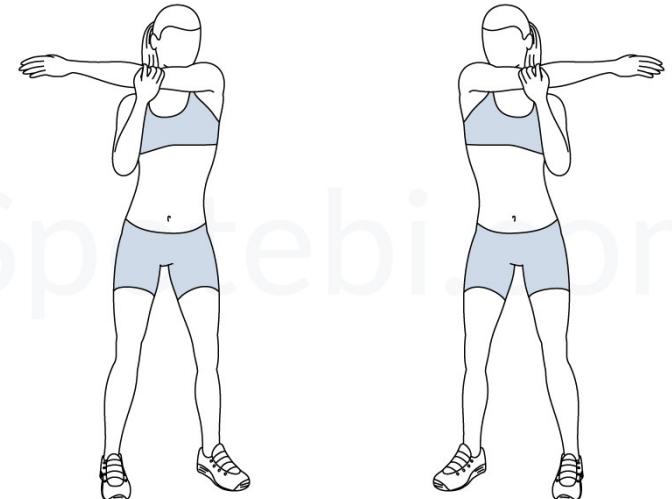
quad stretch:



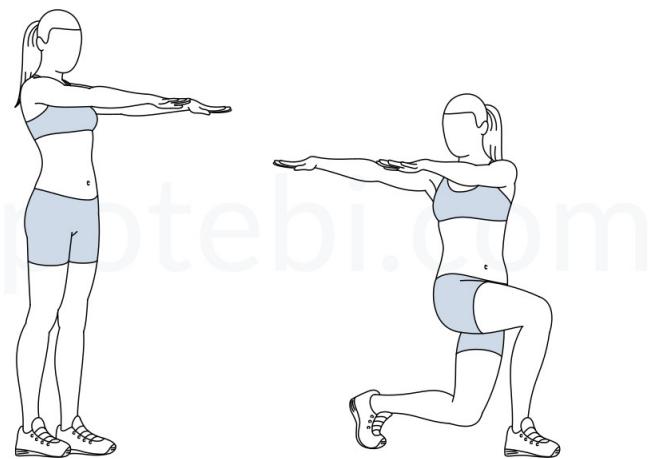
shoulder rolls:



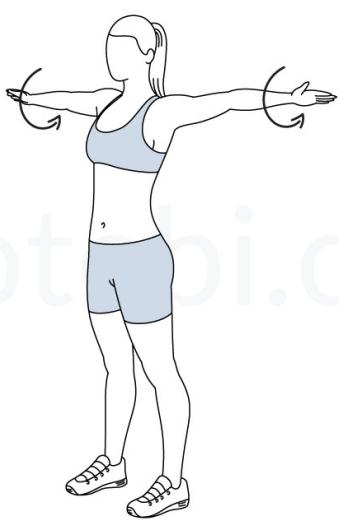
shoulder stretch:



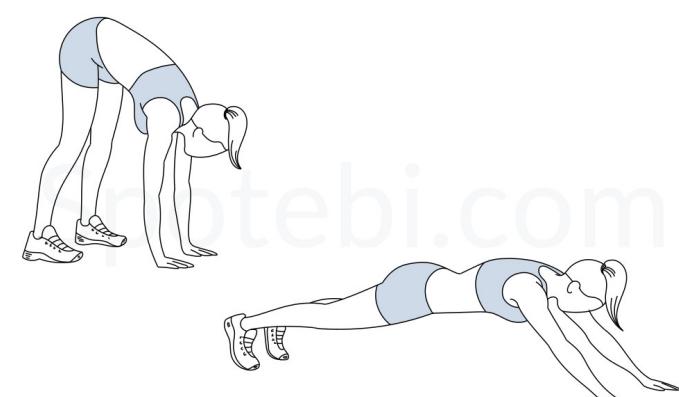
lunge + twist:



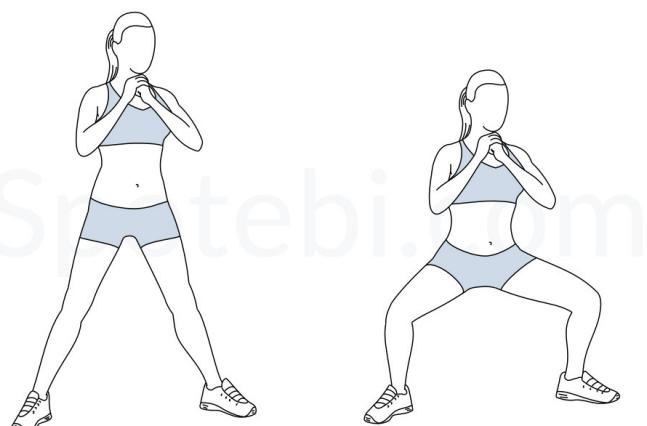
arm circles:



inchworms:



sumo squats:



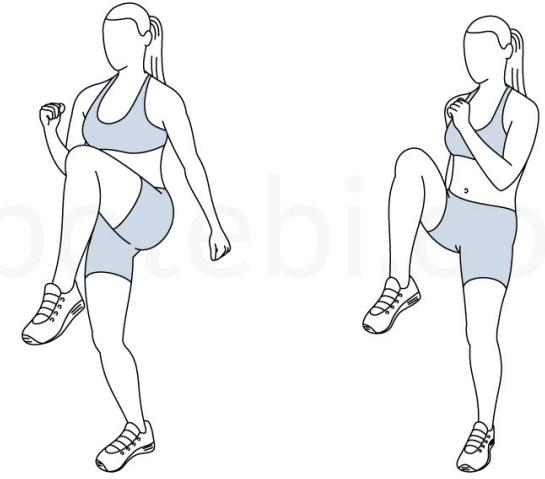
C H E L S E A ' S F U L L B O D Y F I T N E S S P L A N

WARM UP #2

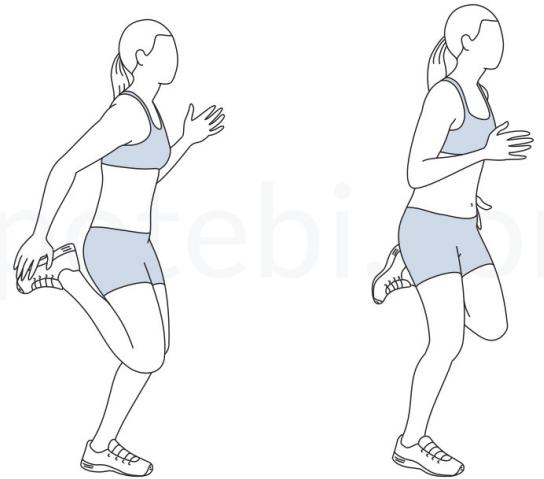
CARDIO DAYS | DAYS 2 + 4 + 9 + 11
5 min | 30 secs on, 15 secs off | 7 exercises

Find the full fitness plan at
[getfit.cheollie.repl.co!](http://getfit.cheollie.repl.co/)

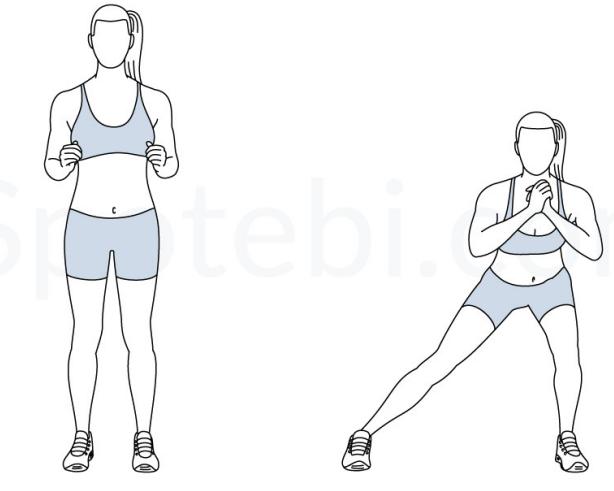
high knees:



butt kicks:



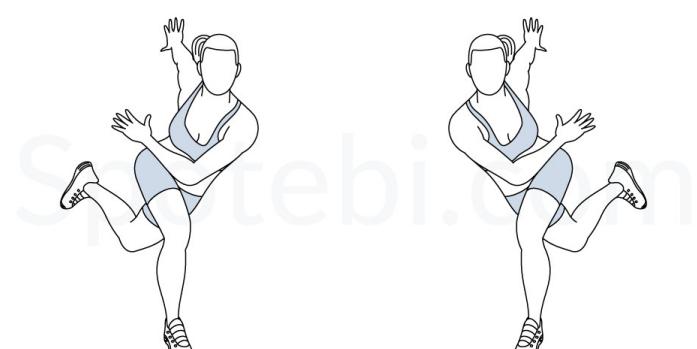
lateral lunge:



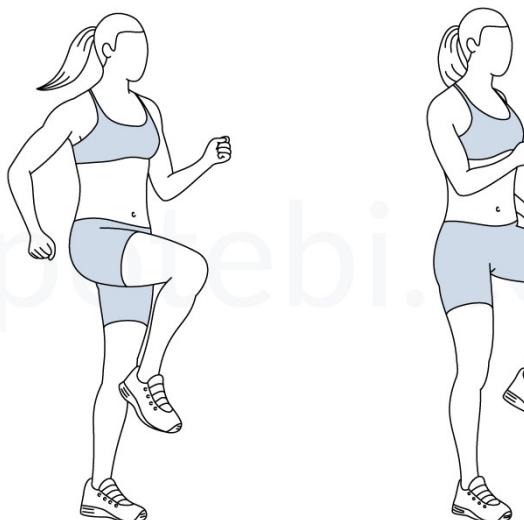
lunge + tap:



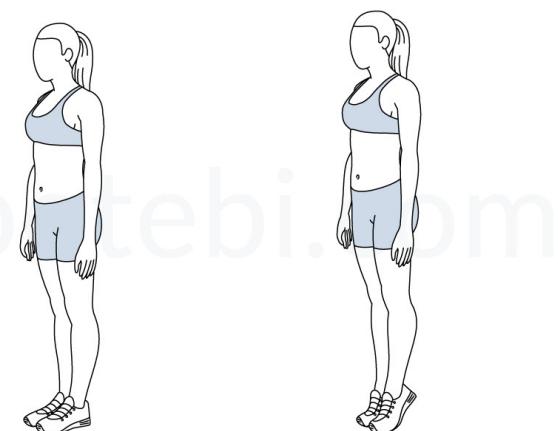
skater jumps:



jog on the spot:



calf raises:



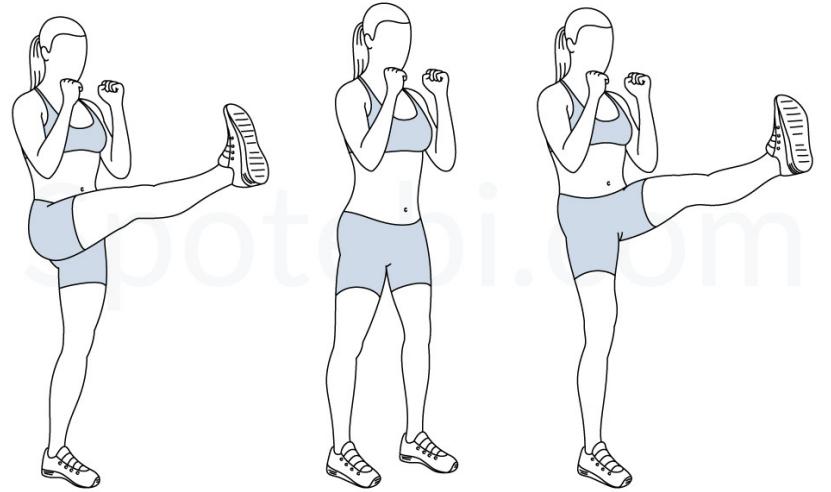
C H E L S E A ' S F U L L B O D Y F I T N E S S P L A N

WARM UP #3

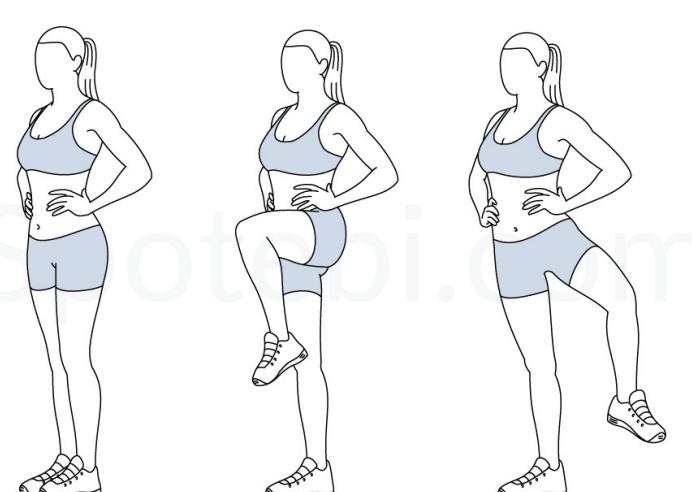
CARDIO/MUSCULAR DAYS | DAYS 5 + 12
5 min | 30 secs on, 15 secs off | 7 exercises

Find the full fitness plan at
[getfit.cheollie.repl.co!](http://getfit.cheollie.repl.co/)

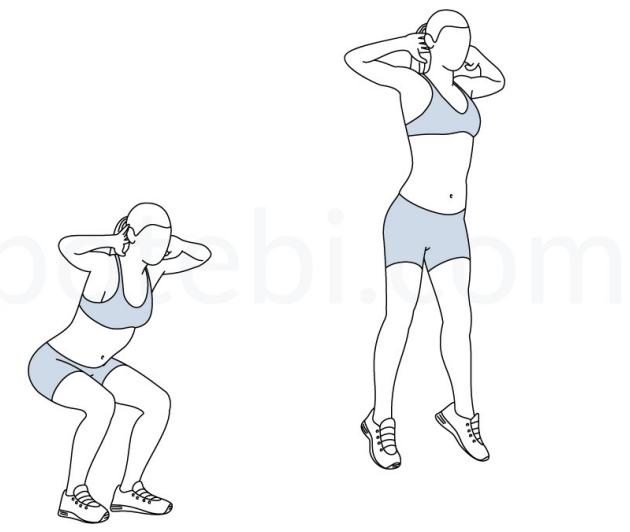
frankenstein kicks:



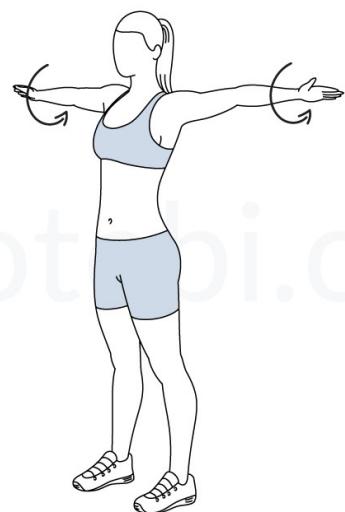
opening_gates:



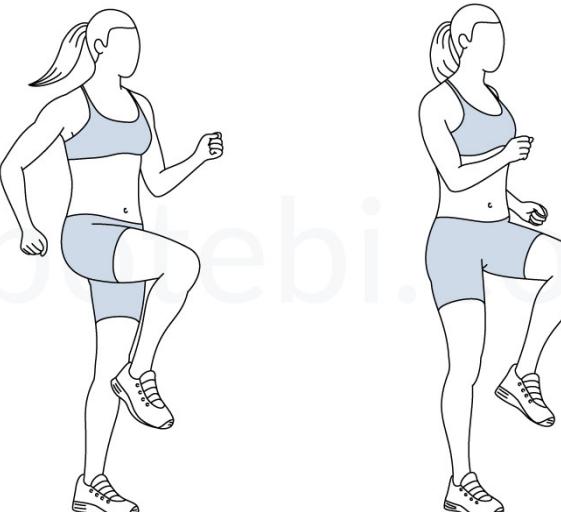
jump squats:



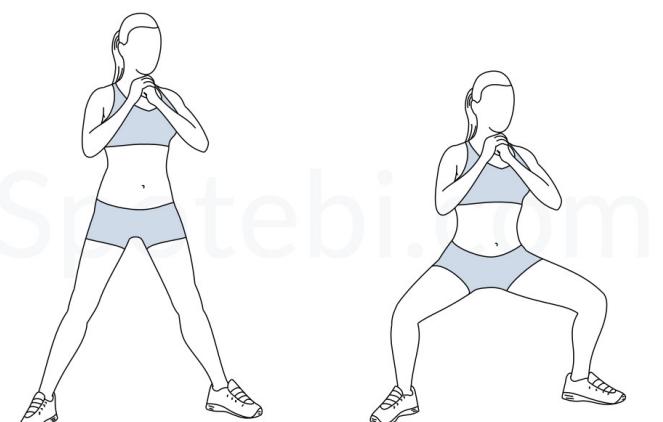
arm circles:



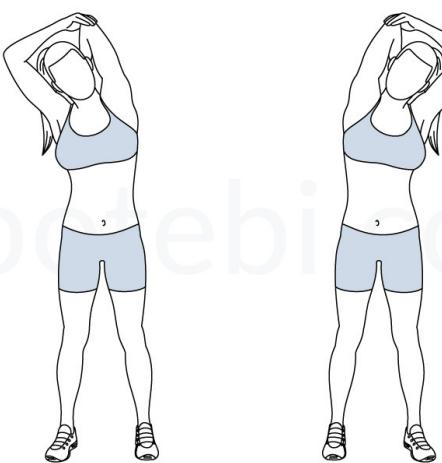
jog on the spot:



sumo squats:



tricep stretch:



C H E L S E A ' S F U L L B O D Y F I T N E S S P L A N

COOLDOWN

#1

MUSCULAR DAYS | DAYS 1 + 3 + 8 + 10
10 min | 45 secs each

Find the full fitness plan at
[getfit.cheollie.repl.co!](http://getfit.cheollie.repl.co/)

butterfly:



toe touches:



low lunge (L):



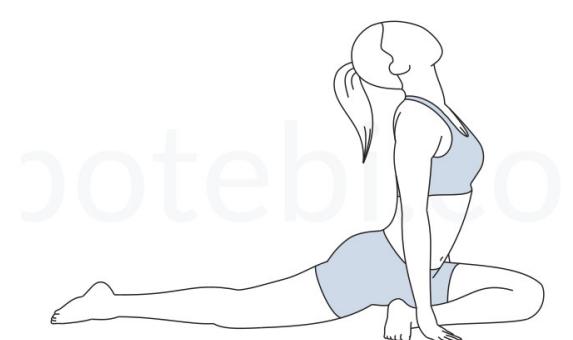
low lunge (R):



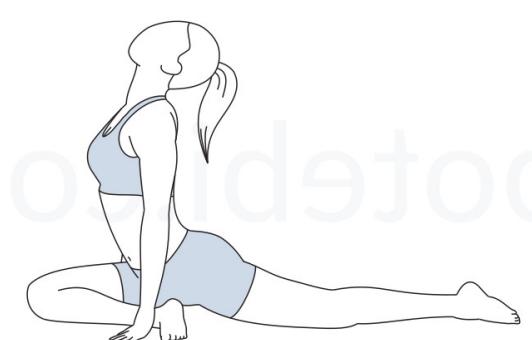
forward bend:



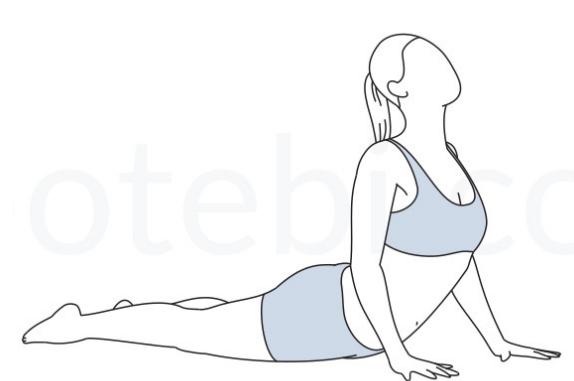
pigeon (L):



pigeon (R):



cobra:



child's pose:



low lunge + quad stretch (L):



low lunge + quad stretch (R):



C H E L S E A ' S F U L L B O D Y F I T N E S S P L A N

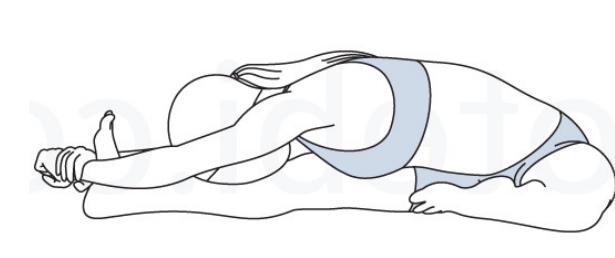
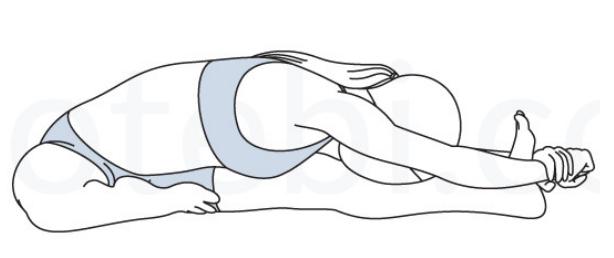
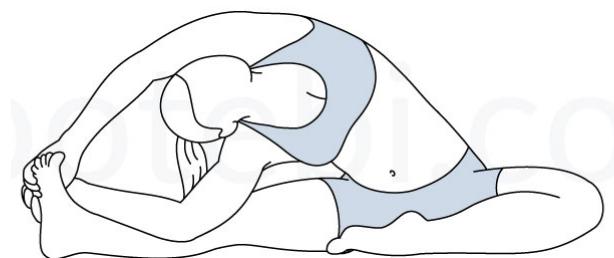
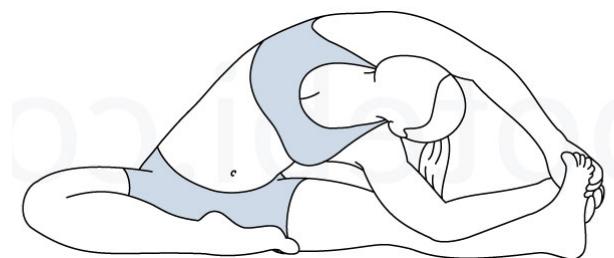
COOLDOWN

#2

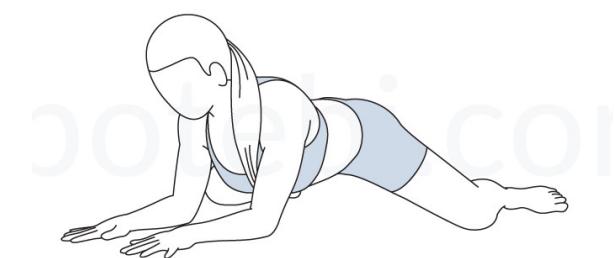
CARDIO DAYS | DAYS 2 + 4 + 9 + 11
10 min | 45 secs each

Find the full fitness plan at
[getfit.cheollie.repl.co!](http://getfit.cheollie.repl.co/)

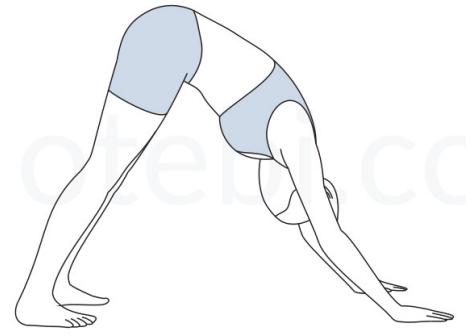
side head to knee (L): side head to knee (R): front head to knee (L): front head to knee (R):



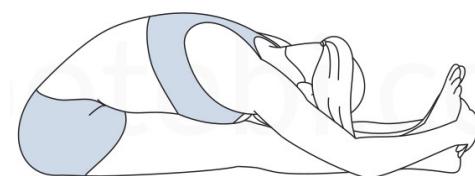
frog:



downward dog:



forward bend:



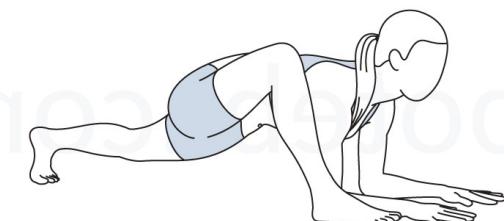
seated spinal twist (L):



seated spinal twist (R):



lizard (L):



lizard (R):



C H E L S E A ' S F U L L B O D Y F I T N E S S P L A N

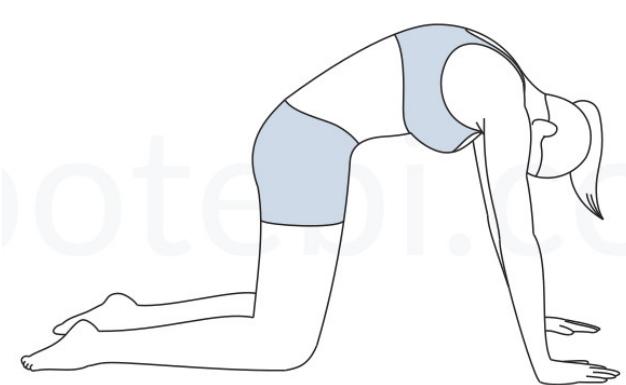
COOLDOWN

#3

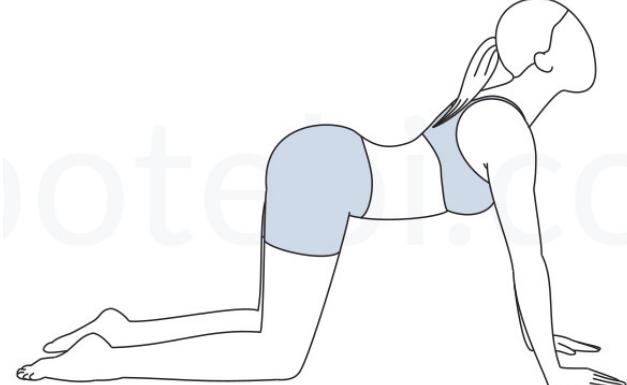
CARDIO/MUSCULAR DAYS | DAYS 5 + 12
10 min | 45 secs each

Find the full fitness plan at
[getfit.cheollie.repl.co!](http://getfit.cheollie.repl.co/)

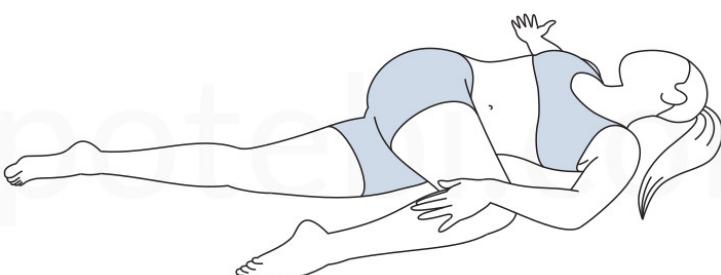
cat:



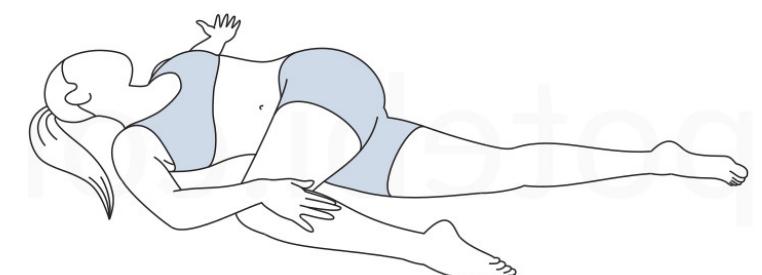
cow:



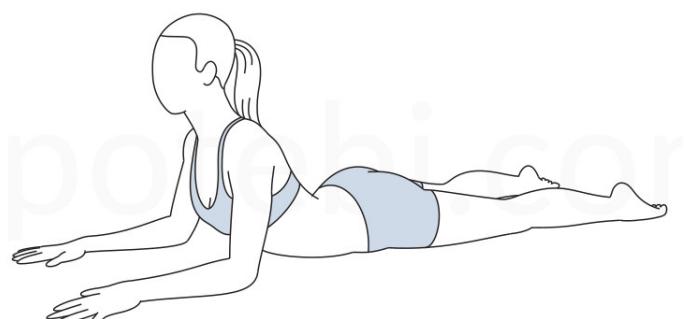
spinal twist (L):



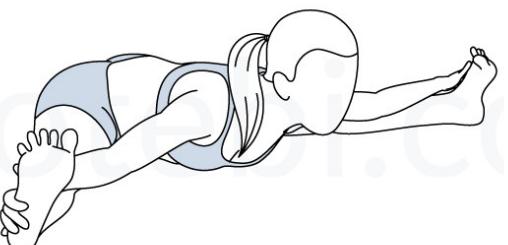
spinal twist (R):



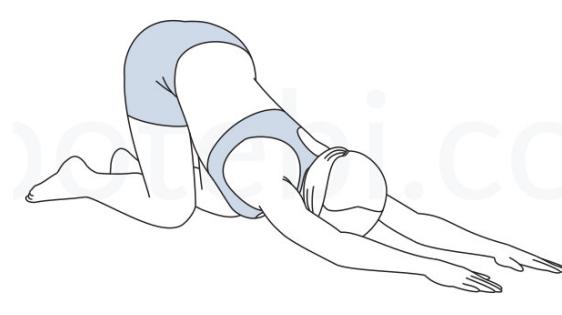
sphinx:



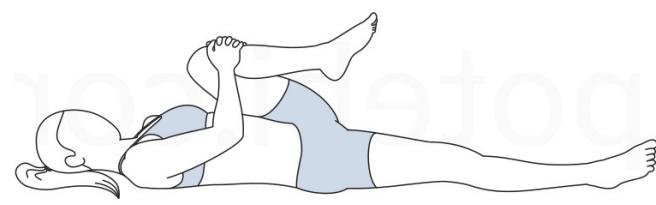
straddle forward bend:



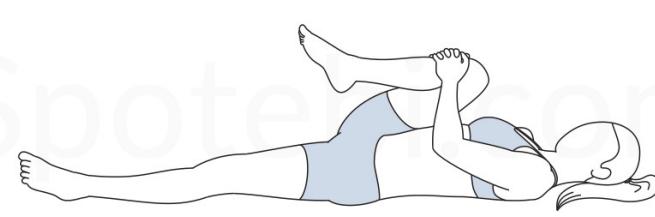
extended puppy:



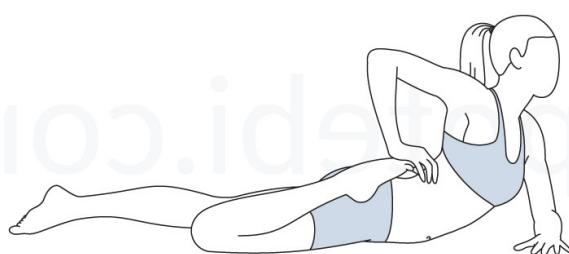
knee grab (L):



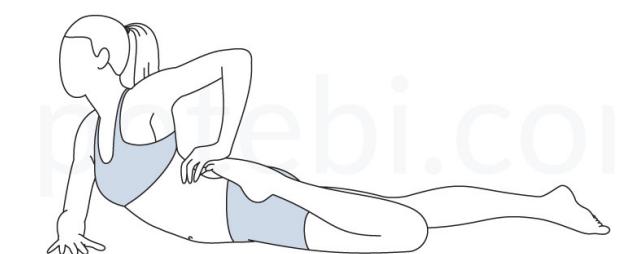
knee grab (R):



half frog (L):



half frog (R):



CHELSEA'S FULL BODY FITNESS PLAN

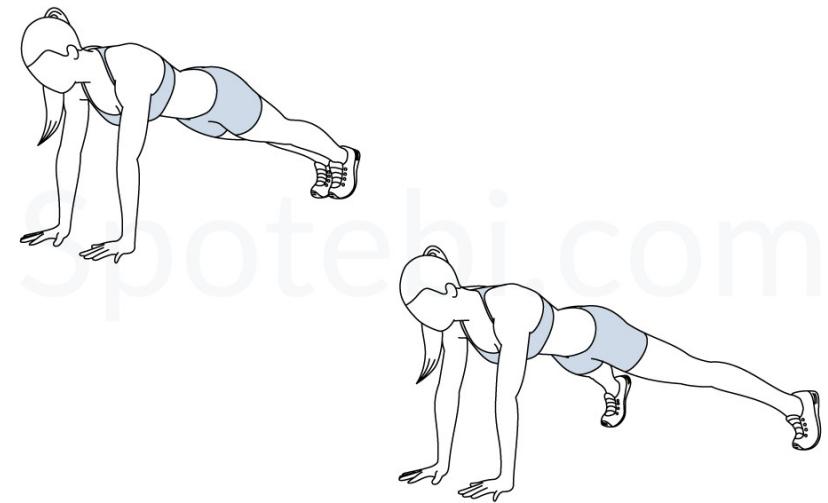
CARDIO #1

DAYS 2 + 9

DAY 2: 30 min; DAY 9: 40 min | 3 sets
DAY 2: 40 secs on; DAY 9: 55 secs on | 15 secs off

Find the full fitness plan at
[getfit.cheollie.repl.co!](http://getfit.cheollie.repl.co/)

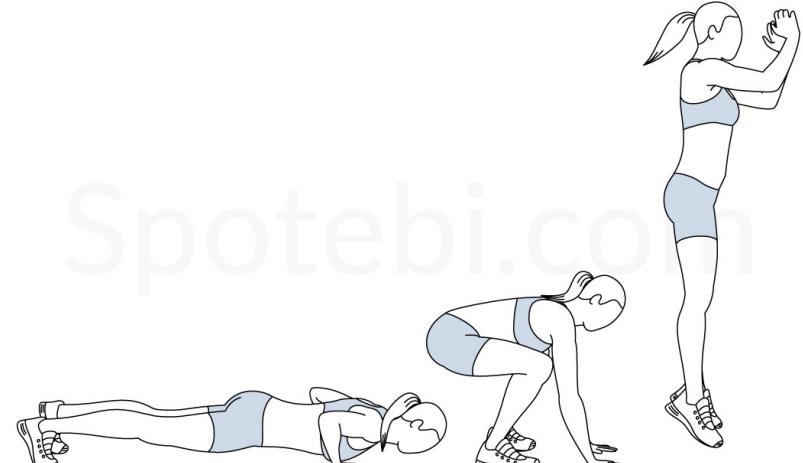
plank jacks



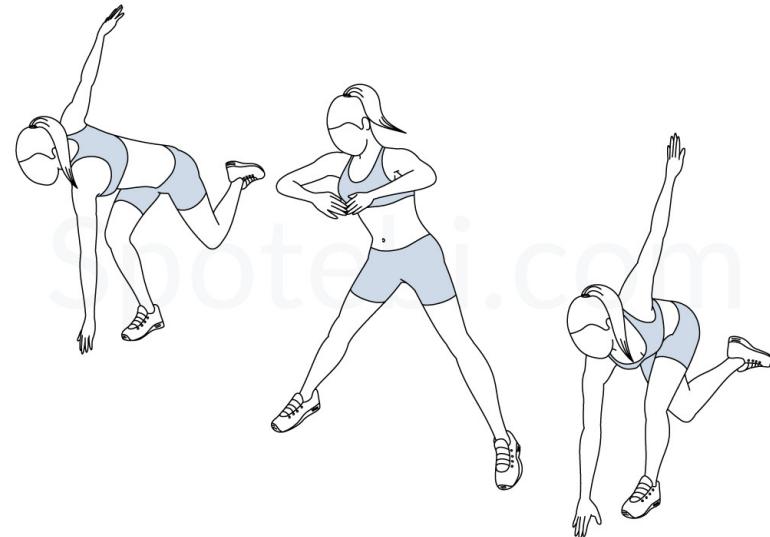
plank hops:



burpees:



skater jump + tap:



jump squats:



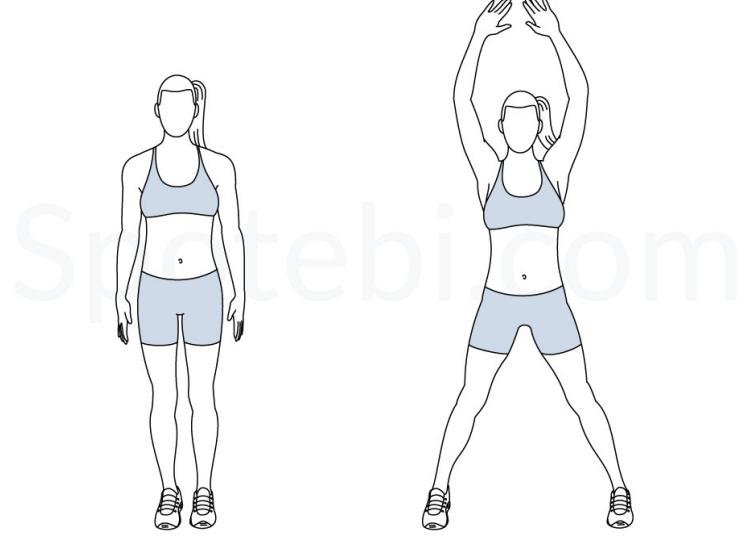
mountain climbers:



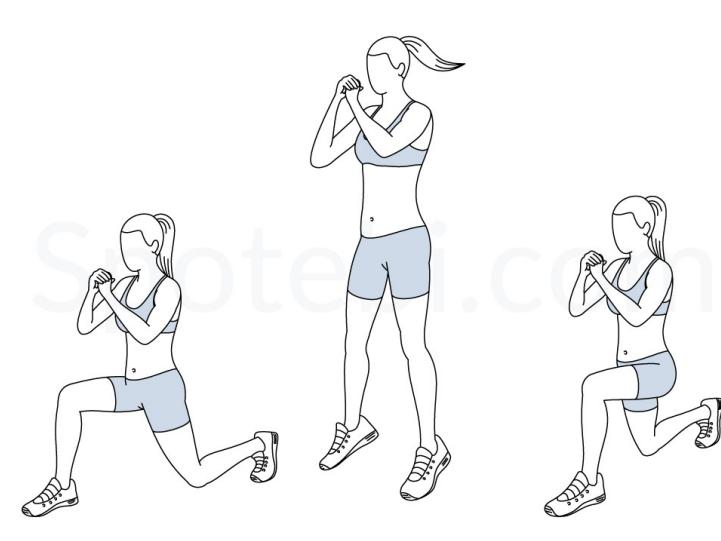
box kicks:



jumping jacks:



jumping lunges:



45 second break

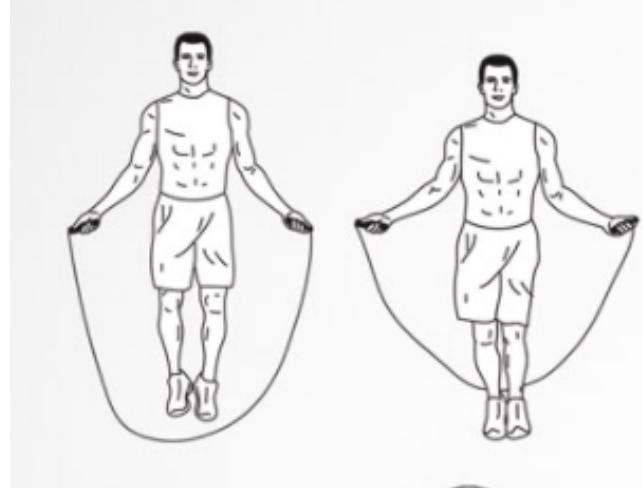
CHELSEA'S FULL BODY FITNESS PLAN

CARDIO #2

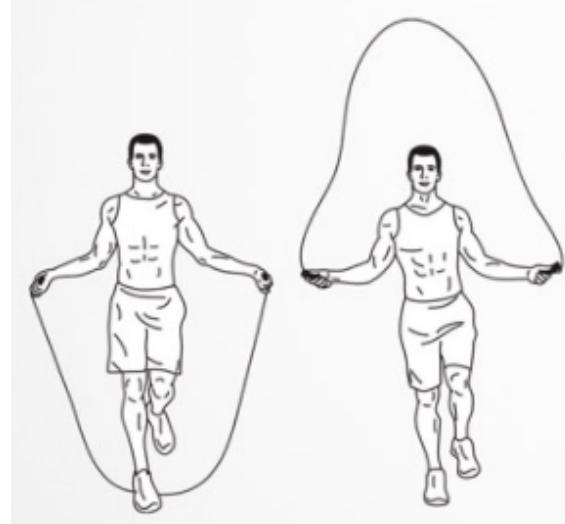
JUMP ROPE | DAYS 4 + 11
DAY 4: 30 min; DAY 11: 40 min | 3 sets
DAY 4: 1 min on; DAY 11: 1.5 min on | 30 secs off

Find the full fitness plan at
[getfit.cheollie.repl.co!](http://getfit.cheollie.repl.co/)

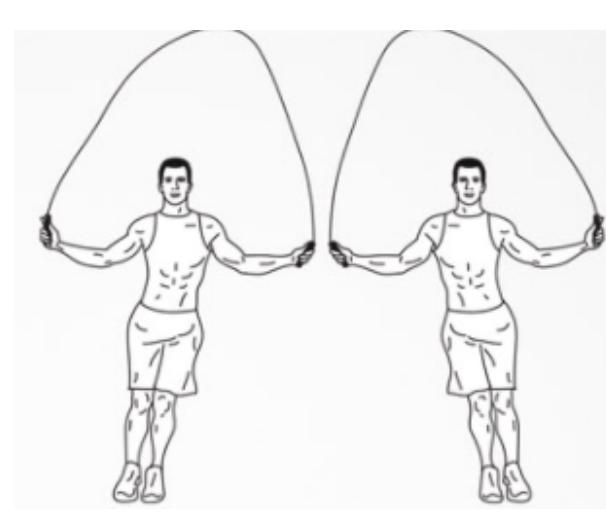
basics:



alternating:



side to side:



front to back:

[image could not be found]

Jump in front then behind you with your legs together.

criss-cross:

[image could not be found]

Do one jump normally then one with one leg over the other forming an "X" with your legs.

doubles:

[image could not be found]

For each jump, make sure your rope goes under you twice. If you are unable to, jump twice for each time the rope goes around you.

jacks:

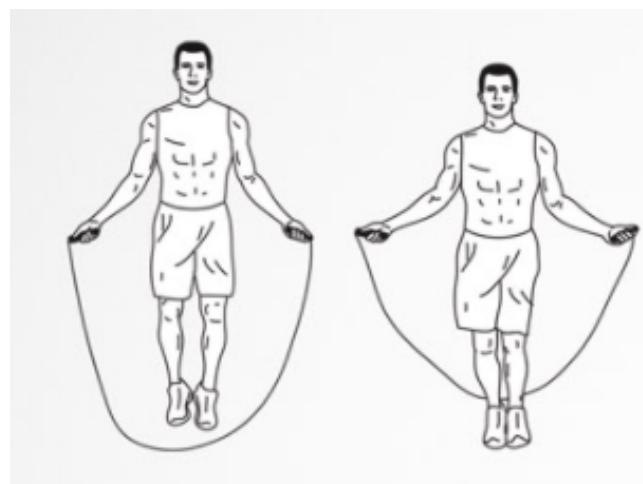
[image could not be found]

Jump with your legs apart then together, just like in jumping jacks.

high knees:



basics as fast as possible:



45 second break

CHELSEA'S FULL BODY FITNESS PLAN

CARDIO #3

DAYS 5 + 12

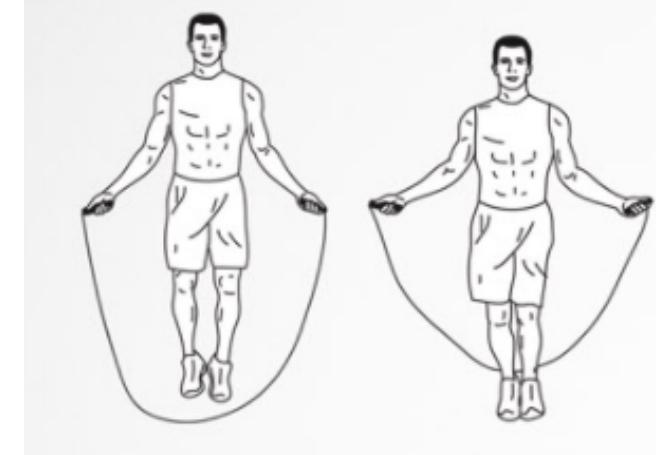
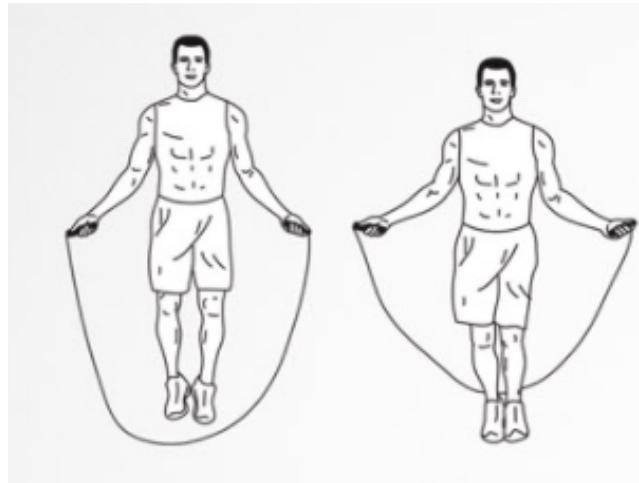
DAY 5: 20 min | P1: 60 secs on, 30 secs off | P2: 45 secs on, 15 secs off
DAY 12: 20 min | P1: 75 secs on, 15 secs off | P2: 50 secs on, 10 secs off

Find the full fitness plan at [getfit.cheollie.repl.co!](http://getfit.cheollie.repl.co/)

P1

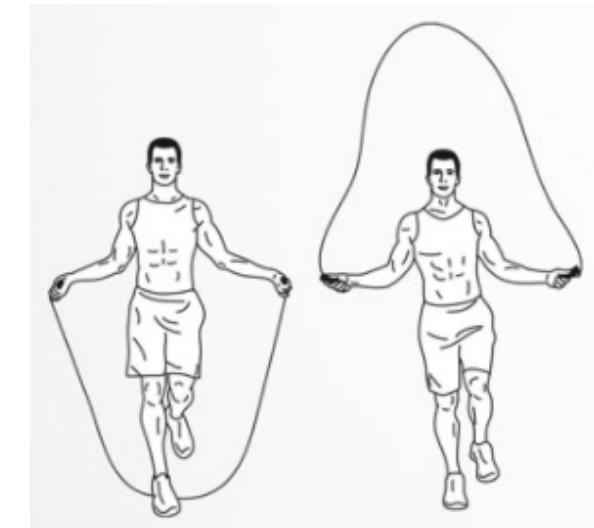
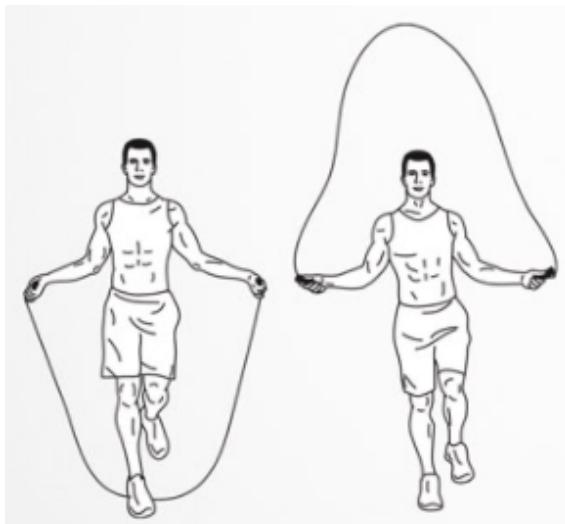
basics
(as fast as possible)

basics:



alternating
(as fast as possible):

alternating:



doubles:

[image could not be found]

With a jump rope, for each jump, make sure your rope goes under you twice. If you are unable to, jump twice for each time the rope goes around you.

criss-cross:

[image could not be found]

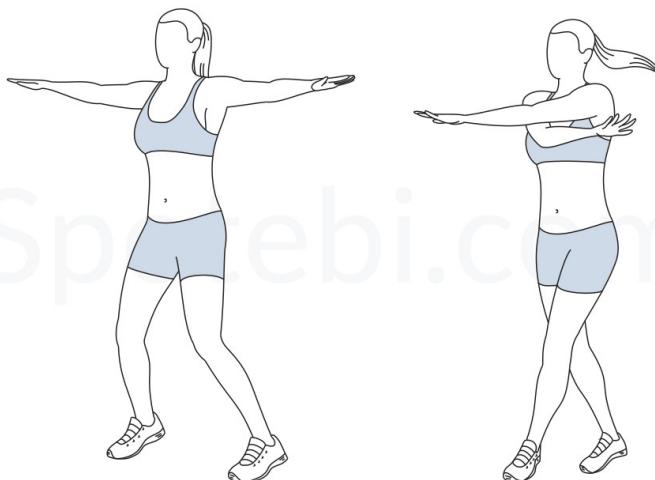
With a jump rope, do one jump normally then one with one leg over the other forming an "X" with your legs.

P2

ski jumps:



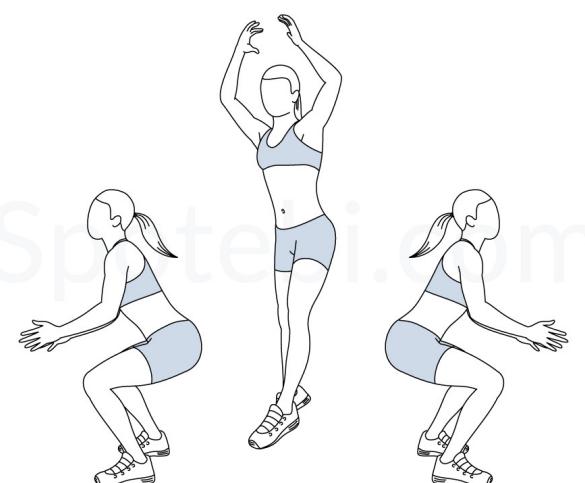
criss-cross jumps:



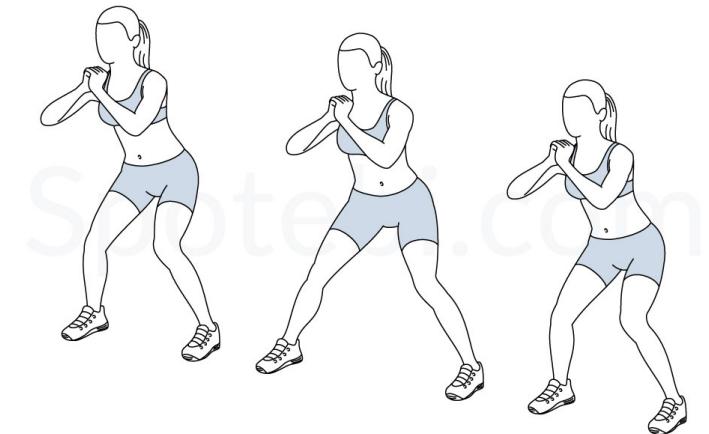
lunge-to-hop:



180 jump squats:



lateral walk:



repeat

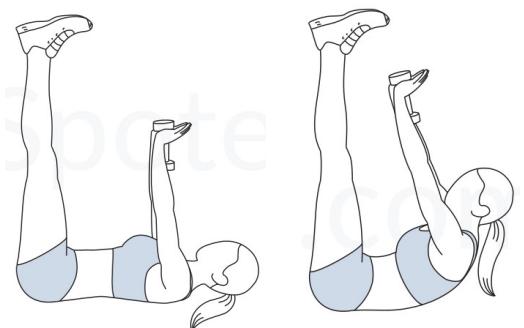
C H E L S E A ' S F U L L B O D Y F I T N E S S P L A N

MUSCULAR #1

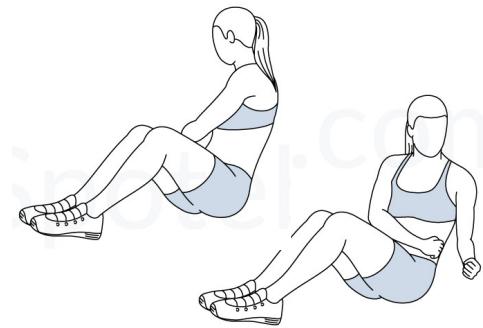
ABS | DAYS 1 + 8
DAY 1: 30 min; DAY 8: 40 min | 3 sets
[bs = both sides]

Find the full fitness plan at
[getfit.cheollie.repl.co!](http://getfit.cheollie.repl.co/)

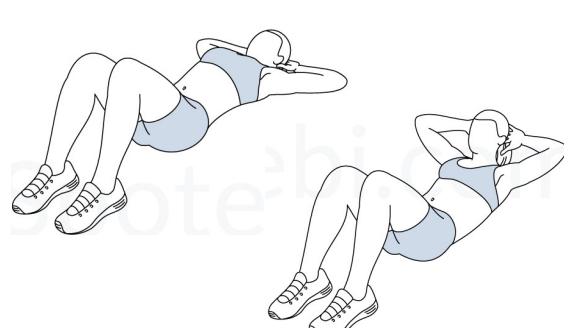
toe-reaches:
day 1: 15 reps
day 8: 20 reps



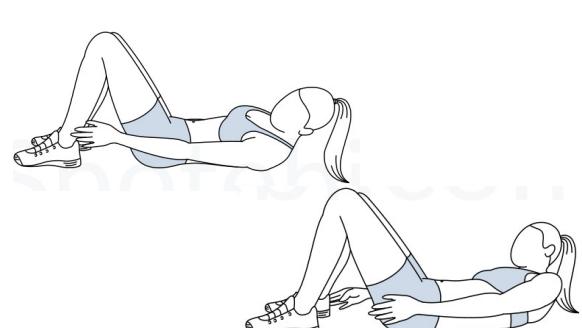
russian twists:
day 1: 15 reps (bs)
day 8: 20 reps (bs)



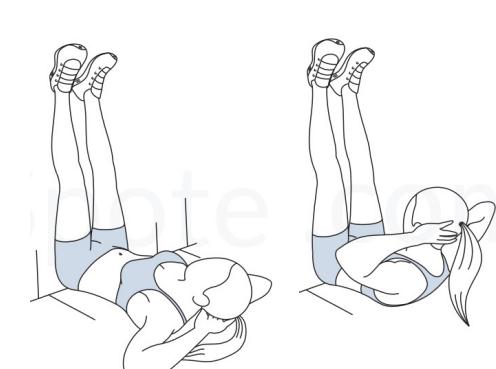
crunches:
day 1: 15 reps
day 8: 20 reps



heel taps:
day 1: 15 reps (bs)
day 8: 20 reps (bs)

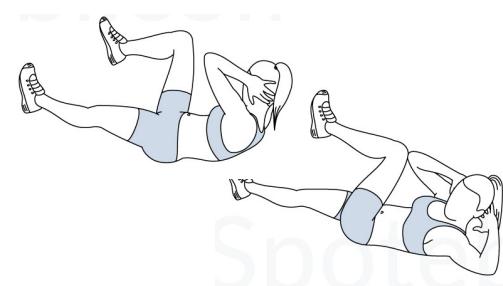


straight-leg crunches:
day 1: 15 reps
day 8: 20 reps

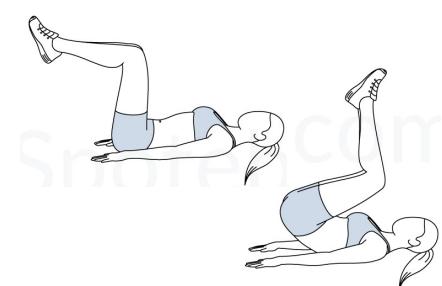


30 seconds break

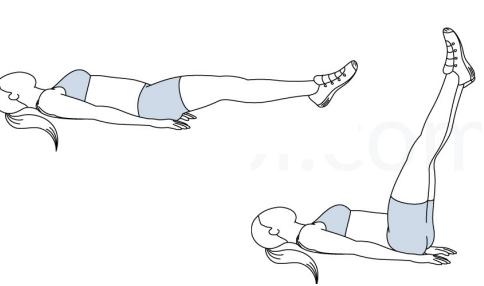
bicycle crunches:
day 1: 15 reps (bs)
day 8: 20 reps (bs)



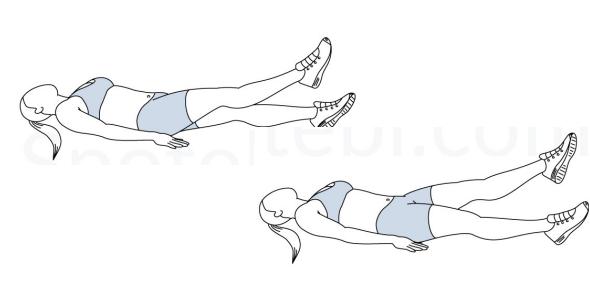
reverse crunches:
day 1: 15 reps
day 8: 20 reps



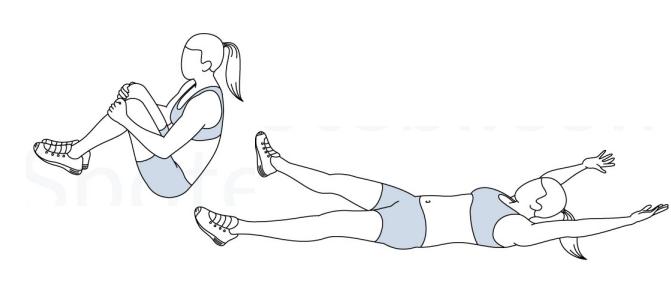
leg raises:
day 1: 15 reps
day 8: 20 reps



flutter kicks:
day 1: 15 reps (bs)
day 8: 20 reps (bs)

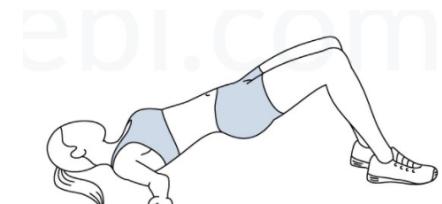


bent leg jackknife:
day 1: 15 reps
day 8: 20 reps

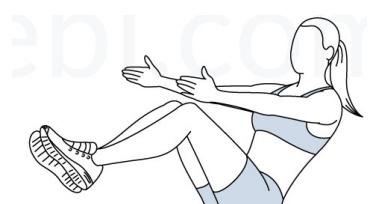


30 seconds break

glute bridges:
day 1: 30 secs
day 8: 45 secs



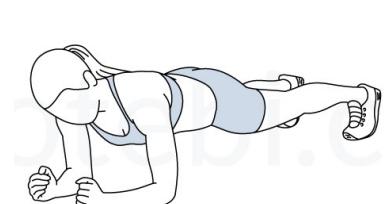
v-sit:
day 1: 30 secs
day 8: 45 secs



crunch-position:
day 1: 45 secs
day 8: 60 secs



plank:
day 1: 45 secs
day 8: 60 secs



60 seconds break

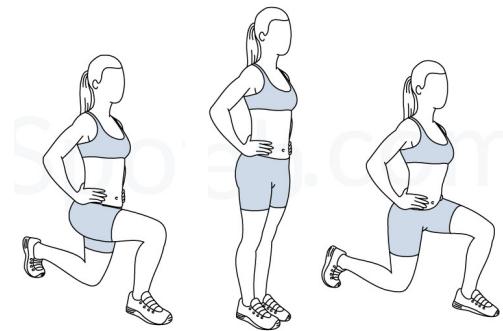
C H E L S E A ' S F U L L B O D Y F I T N E S S P L A N

MUSCULAR #2

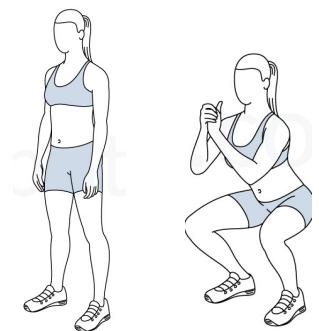
LEGS + GLUTES | DAYS 3 + 10
DAY 3: 30 min; DAY 10: 40 min | 3 sets
[bs = both sides]

Find the full fitness plan at
[getfit.cheollie.repl.co!](http://getfit.cheollie.repl.co/)

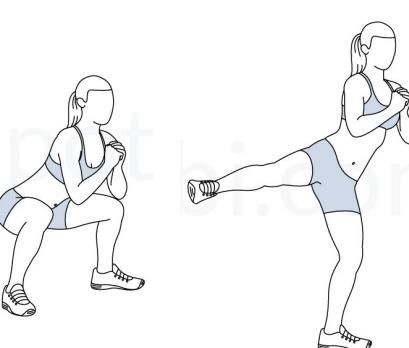
lunges:
day 3: 10 reps (bs)
day 10: 15 reps (bs)



squats:
day 3: 10 reps
day 10: 15 reps



squats + kick:
day 3: 10 reps (bs)
day 10: 15 reps (bs)

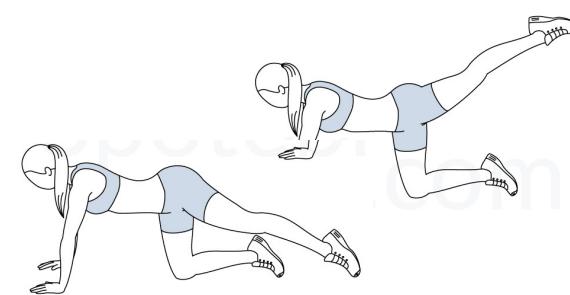


squat hold:
day 3: 10 secs x 3
day 10: 15 secs x 3

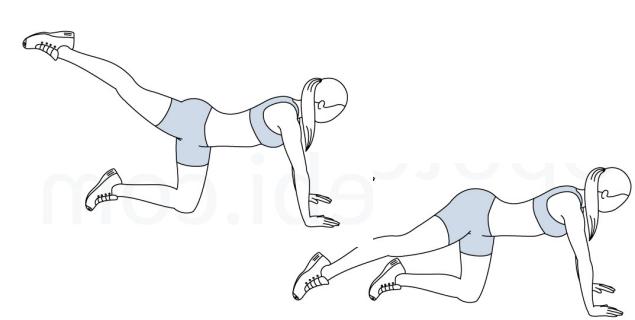


30 seconds break

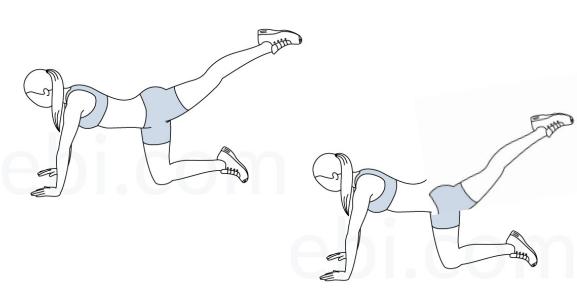
leg raises (L):
day 3: 15 reps
day 10: 20 reps



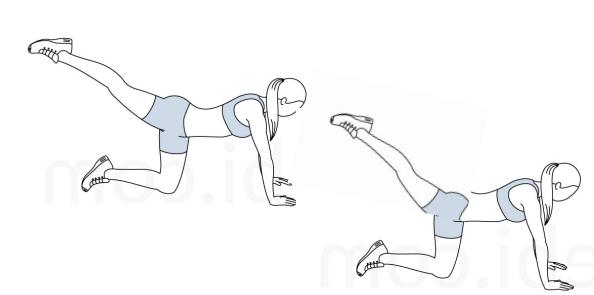
leg raises (R):
day 3: 15 reps
day 10: 20 reps



leg pulses (L):
day 3: 15 reps
day 10: 20 reps

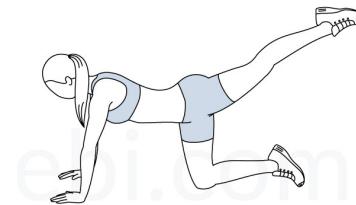


leg pulses (R):
day 3: 15 reps
day 10: 20 reps

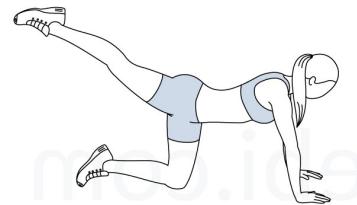


30 seconds break

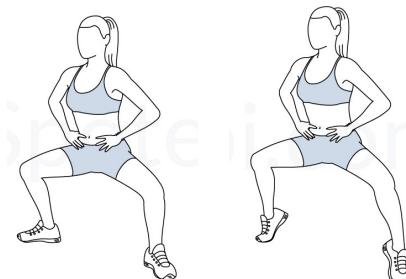
leg raise hold (L):
day 3: 30 secs x 2
day 10: 45 secs x 2



leg raise hold (R):
day 3: 30 secs x 2
day 10: 45 secs x 2



plie squat calf raises:
day 3: 10 reps
day 10: 15 reps



wall sit:
day 3: 30 secs
day 10: 45 secs



60 seconds break

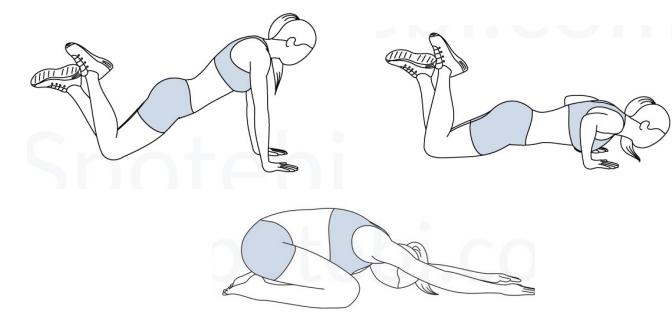
C H E L S E A ' S F U L L B O D Y F I T N E S S P L A N

MUSCULAR #3

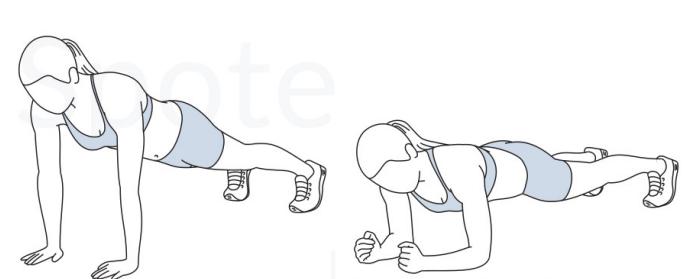
ARMS | DAYS 5 + 12
DAY 5: 20 min; DAY 12: 25 min | 2 sets

Find the full fitness plan at
[getfit.cheollie.repl.co!](http://getfit.cheollie.repl.co/)

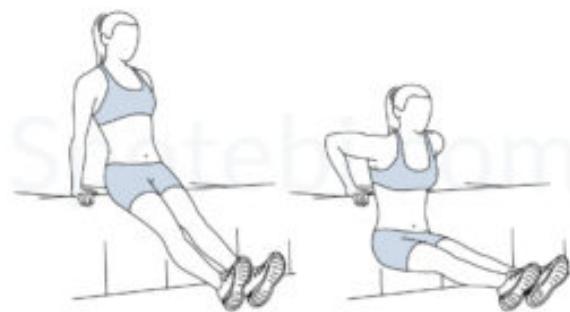
knee pushup + child's pose:
day 5: 15 reps
day 12: 25 reps



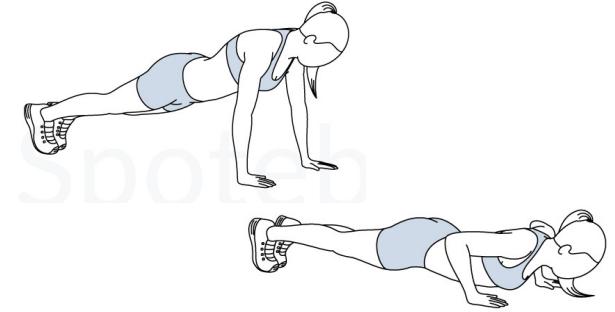
up + down planks:
day 5: 10 reps
day 12: 15 reps



tricep dips:
day 5: 15 reps
day 12: 25 reps

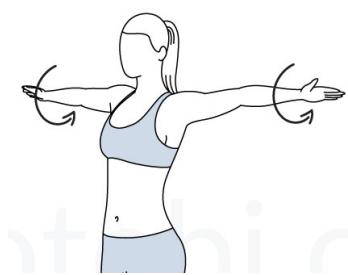


pushups:
day 5: 10 reps
day 12: 15 reps

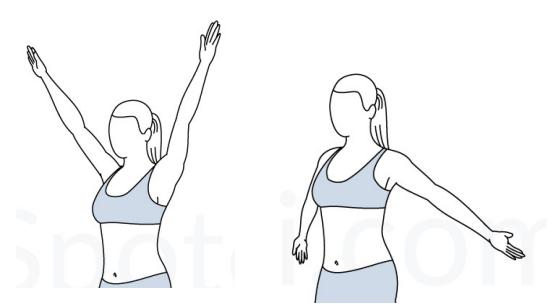


30 seconds break

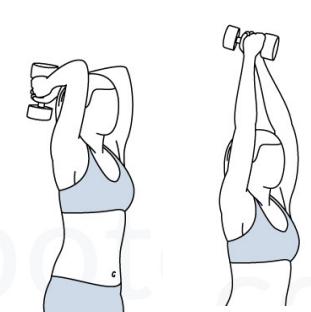
arm circles:
day 5: 20 reps
day 12: 30 reps



arm flaps:
day 5: 10 reps
day 12: 15 reps



arm straighteners:
day 3: 20 reps
day 10: 30 reps



30 seconds break

bent arm raises:
day 5: 20 reps
day 12: 30 reps



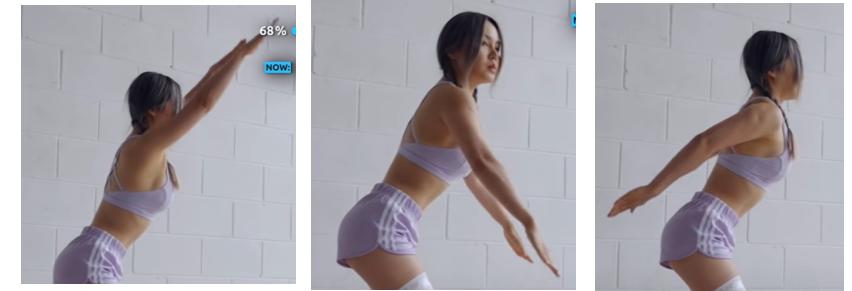
arm wings:
day 5: 20 reps
day 12: 30 reps



arm clap-behind:
day 5: 20 reps
day 12: 15 reps



backward pulse:
day 5: 15 reps
day 12: 20 reps



60 seconds break

C H E L S E A ' S F U L L B O D Y F I T N E S S P L A N

FLEXIBILITY

#1

DAYS 6 + 13
YOGA | 25 mins

Find the full fitness plan at
[getfit.cheollie.repl.co!](http://getfit.cheollie.repl.co/)



25 Min Total Body Yoga & Tension Release | Yoga Healing From The Inside Out

840K views • 6 months ago

 Boho Beautiful Yoga ✓

This 25 minute **yoga** class is perfect to help release stress and physical tension out of the mind and body. By focusing on ...

4K

⋮

25 Min Total Body Yoga & Tension Release | Yoga Healing From The Inside Out

Boho Beautiful Yoga

<https://youtu.be/GjMSgK5H4ho>

C H E L S E A ' S F U L L B O D Y F I T N E S S P L A N

FLEXIBILITY

#2

DAYS 7 + 14
YOGA | 20 mins

Find the full fitness plan at
[getfit.cheollie.repl.co!](http://getfit.cheollie.repl.co/)



20 min Full Body STRETCH/YOGA for STRESS & ANXIETY Relief

8.6M views • 1 year ago

 MadFit ✓

De-stress with this 20 minute calming **yoga** routine that includes light and easy full body stretches for stress relief and anxiety.

4K

20 min Full Body STRETCH/YOGA for STRESS & ANXIETY Relief

MadFit

https://youtu.be/sTANio_2EOQ