



6 Week BTP Guide 2021

BOOK 3



WORKOUT WEEKLY CHALLENGE 2021/1

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WEEK 1: BELIEVE IN YOURSELF

ONE THOUSAND REP challenge!

This is your weekly challenge to complete. Complete the following 1000 rep challenge as fast as you can! You need to complete **30 REPS** of each of these exercises, unless stated otherwise. You don't have to complete the exercises in order, just as long as you finish the full 1000 reps! Set a timer and stop in once you have gone through **EVERY** exercise. You can take a break whenever you want but the timer **DOES NOT STOP!** Record your result for yourself to challenge **YOURSELF**. You can do as many times as you want to compare time you take to complete.

START TIMER	
Burpees	Wall Sit Rotation with DB
Jump lunges	Triceps Dips
Squat Thrust	100x High Knee
Toe Taps	Push Ups
100x Ab bikes	Goblet Squat
Tuck Jumps	Floor to Sky Jump
Sit Ups	Push Up T-Plank
X Hops	100x Plank Jacks
Military Plank	Squat & Lunge
100x Mountain Climbers	Half Burpees
Explosive Jacks	Inch worms & Push Ups
DB Squat Press Up	Prisoner Stand Up
END TIMER	

*DB = Dumbbell

WEEK 2: PERFECT YOUR MOVES

Personal Challenge Time!

Personal challenge is amazing for motivational and tracking your fitness. For this challenge, you are going to do each of these simple exercises following the specific time given in the table below. Take a rest as recommended before going to the next exercise. Record how many reps you can perform in a time given. Key in your results in your *"My Health & Fitness Tracker"*



Reverse crunch



Double leg lift



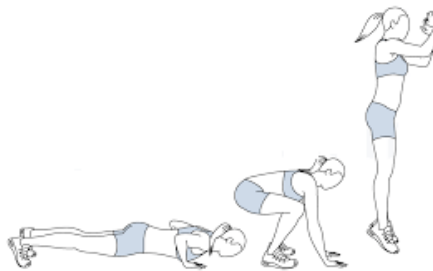
Ankle reach



Criss-Cross



Roll-Up



Pilates Burpees



Squat pulse



Pointed butt lifts



Fire hydrants (each side)



Heel kicks (each side)



Bridge



Flares

Although it seems simple, you will be surprised at how much better you get at these exercises!

	Round 1	Round 2	Round 3	Round 4
Time	20 sec each exercise, 10 sec rest	30 sec exercise, 10 rest	45 sec exercise, 15 sec rest	1 minute exercise, 15 sec rest
Reverse crunch				
Double leg lift				
Ankle reach				
Criss cross				
Roll up				
Burpees				
Squat pulse				
Pointed butt lift (right)				
Pointed butt lift (left)				
Fire hydrant (Right)				
Fire hydrant (Left)				
Heel kick (Right)				
Heel kick (Left)				
Bridge				

Make sure you have a perfect posture rather than having many reps but you perform it WRONG!

WEEK 3: NEVER GIVE UP!

THE COUNTDOWN challenge!

Alternate between the two exercises shown in the table and decrease by one rep each round. Record your result in your phone or on Fit2Fitter tracker sheet or app.



Start Timer		
20 reps	Jumping Burpees	Flares
19 reps	Jumping Burpees	Flares
18 reps	Jumping Burpees	Flares
17 reps	Jumping Burpees	Flares
16 reps	Jumping Burpees	Flares
15 reps	Jumping Burpees	Flares
14 reps	Jumping Burpees	Flares
13 reps	Jumping Burpees	Flares
12 reps	Jumping Burpees	Flares
10 reps	Jumping Burpees	Flares
End Timer		

WEEK 4: DO IT AS MANY AS YOU CAN!



Rules:

- 1) Perform each exercise following the specific time given in the table below. Take a rest as suggested in the table before going to the next exercise.
- 2) Count how many reps you did for each exercise and record it. For V-seat freeze (Pilates), record for how many times you need to put down your legs, the less you put down your legs that is better.

	Round 1	Round 2	Round 3	Round 4
Time	20 sec each exercise, 10 sec rest	30 sec exercise, 10 rest	45 sec exercise, 15 sec rest	1 minute exercise, 15 sec rest
High knee sprint				
Jump switch lunge				
Squat jack				
Burpees				
Speed skater				
Pilates teaser				
Plyo push up				









GOOD LUCK!

WEEK 5: JUST A MINUTE!

ONE MINUTE challenge!

Along with progress photos, personal challenges are amazing for both motivation and tracking your fitness. For this challenge, you are going **to do each** of these simple exercises for **ONE MINUTE**. Finish **ROUND 1** first before proceed to **ROUND 2**. And then **repeat** ROUND 1 again for second round, proceed to ROUND 2 for last round of your challenge.

Record your result in your phone or on Fit2Fitter tracker sheet or app.

SET TIME TO 1 MINUTE			
ROUND 1		ROUND 2	
BURPEES		SURFER BURPEES	
SET TIME TO 1 MINUTE			
PUSH UPS	 *Do it on your knees	TRIANGEL PUSH UPS	 *Set your arms in triangle shape
SET TIME TO 1 MINUTE			
JUMP SQUAT		SQUAT JACKS	
SET TIME TO 1 MINUTE			
PLANK		SQUAT THRUST	

WEEK 6: LET'S DO IT!

Personal Challenge Time!



Start your time here!

<p>1.</p> <p>20 SQUATS 20 ROPE CLIMBERS</p>	<p>2.</p> <p>20 COBRA PUSH UPS 20 ROLL UPS</p>	<p>3.</p> <p>20 PLIE SQUATS 20 V-UPS</p>	<p>4.</p> <p>20 PARACHUTERS 20 JACKKNIVES</p>
<p>5.</p> <p>20 HIP TWISTS IN PLANK 20 STAR ABS</p>	<p>6.</p> <p>20 LEG UP CRUNCHES 20 BURPEES</p>	<p>7.</p> <p>20 PLANK WALKOVERS 20 DOUBLE LEG LIFTS</p>	<p>8.</p> <p>20 BUTTERFLY BRIDGES 20 CRISS CROSS</p>
<p>9.</p> <p>20 OIL RIGGERS 20 ROLLOVERS</p>	<p>10.</p> <p>20 LUNGES 20 LEG OUTS</p>	<p>11.</p> <p>20 WALNUT CRUSHERS 20 SINGLE LEG DROPS</p>	<p>12.</p> <p>20 SPRINTERS 20 CRUNCHES</p>
<p>13.</p> <p>20 SQUAT JUMPS 20 RUSSIAN TWISTS</p>	<p>14.</p> <p>20 PLANK JACKS 20 BUTT UPS</p>	<p>15.</p> <p>20 GRASSHOPPERS 20 EAGLE CRUNCHES</p>	<p>16.</p> <p>20 REVERSE CRUNCHES 20 3-2-1 PRAYER PULSES</p>
<p>17.</p> <p>20 SIDWAYS SCISSORS 20 PEEKABOO CRUNCHES</p>	<p>18.</p> <p>20 UP UP DOWN DOWNS 20 BUTTERFLY SIT UPS</p>	<p>19.</p> <p>20 DOUBLE TAP WIGGLES 20 CORKSCREWS</p>	<p>20.</p> <p>20 SQUAT CLAPS 20 SIT UPS</p>

END your time here!