

21 Day Kick Start Plan

Goal: To get active. This is a great workout for anyone who has been sedentary for long term or anyone who does not have access to a gym.

Days: 6 days (Monday, Wednesday, Friday workouts/ Tuesday, Thursday, Saturday walk/run 2 miles)

Every workout starts with ½ mile warm up run and dynamic stretching (ladder progression if available) and end with a cool down lap and static stretching

Week 1:

Monday:

Warm up/stretching

5 rounds

-5 burpees

-5 pushups

-5 body weight squats

-5 chair dips

-10 mountain climbers

-rest 60 seconds then repeat

Core:

3 sets of 30 second planks

Cool down lap/stretching

Tuesday: 2 mile walk or run

Wednesday:

Warm up/stretching

5 Rounds

-5 bodyweight squats

-5 side to side squats each side

-5 back lunges each leg

-5 steps up each leg

-15 standing calf raises

Rest 60 seconds then repeat

Core:

3 sets of 10 supermans

Cool down lap/static stretching

Thursday: 2 mile walk or run

Friday:

Warm up/stretching

5 Rounds

-5 push ups

-8 alternating dumbbell curls (let the weight down at a 5 count while engaging the bicep, use 2 water bottles if you don't have dumbbells)

-8 dumbbell tricep kickbacks (3 count hold at the peak contraction)

-8 lateral dumbbell raises

-8 front dumbbell raises

-5 overhead dumbbell presses

Rest 60 seconds then repeat

Core:

3 sets of 10 sit ups

Cool down lap/static stretching

Saturday: 2 mile walk or run

Sunday: Rest

Week 2:

Monday:

Warm up/stretching

5 rounds

-8 burpees

-8 pushups

-10 body weight squats

-10 chair dips

-15 mountain climbers

-rest 60 seconds then repeat

Core:

Superset

3 Rounds

-30 second front plank

-15 second side planks each side

-rest 30 seconds

Cool down lap/stretching

Tuesday: 2 mile walk or run

Wednesday:

Warm up/stretching

5 Rounds

-10 bodyweight squats

-10 side to side squats each side

-10 back lunges each leg

-10 steps up each leg

-15 standing calf raises

Rest 60 seconds then repeat

Core:

3 sets of 10 supermans

3 sets of 8 bird dogs each side

Cool down lap/static stretching

Thursday: 2 mile walk or run

Friday:

Warm up/stretching

5 Rounds

-8 push ups

-10 alternating dumbbell curls (let the weight down at a 5 count while engaging the bicep, use 2 water bottles if you don't have dumbbells)

-10 dumbbell tricep kickbacks (3 count hold at the peak contraction)

-10 lateral dumbbell raises

-10 front dumbbell raises

-10 overhead dumbbell presses

Rest 60 seconds then repeat

Core:

3 rounds

-10 sit ups

-10 Russian twists

Cool down lap/static stretching

Saturday: 2 mile walk or run

Sunday: Rest

Week 3:

Monday:

Warm up/stretching

5 rounds

-8 burpees

-5 pushups with feet up on chair

-10 body weight squats with a tuck jump (perform squat then perform tuck jump for 1 rep)

-15 chair dips

-15 mountain climbers

-rest 60 seconds then repeat

Core:

Superset

3 Rounds

-60 second front plank

-30 second side planks each side

-rest 60 seconds

Cool down lap/stretching

Tuesday: 2 mile walk or run

Wednesday:

Warm up/stretching

5 Rounds

-10 jump squats

-10 side to side squats each side

-10 plyo split squats (staggered stance, drop back knee to floor, explode and jump up and switch legs in air, repeat with other leg)

-10 steps up each leg

-15 standing calf raises

Rest 60 seconds then repeat

Core:

3 sets of 30 second hold supermans

3 sets of 10 bird dogs each side

Cool down lap/static stretching

Thursday: 2 mile walk or run

Friday:

Warm up/stretching

5 Rounds

-8 plyo push ups

-12 alternating dumbbell curls (let the weight down at a 5 count while engaging the bicep, use 2 water bottles if you don't have dumbbells)

-12 dumbbell tricep kickbacks (3 count hold at the peak contraction)

-15 lateral dumbbell raises

-15 front dumbbell raises

-15 overhead dumbbell presses

Rest 60 seconds then repeat

Core:

3 rounds

-10 jack knife sit ups

-10 Russian twists

Cool down lap/static stretching

Saturday: 2 mile walk or run

Sunday: Rest