

# PROFFIT

FITNESS ANYTIME ANYWHERE

## NUTRITION & STRUCTURE



# COMMIT TO FIT CHALLENGE

Welcome to the Commit to Fit 21-Day Challenge! Jumpstart your fitness journey with a daily dose of exercise. From cardio to strength training, each day brings a new challenge to elevate your fitness game. Let's make 2024 a year of strength, resilience, and achieving your fitness goals!

## PRE-WEEK: STARTING 1 FEB

4 x best of sessions from the last 4 months

## WEEK 1: STARTING 5TH FEB

MONDAY: SESSION 1 (40 MINUTES) – FILMED – Lower body

TUESDAY: Amrap or at gym cardio or running/walking

WEDNESDAY: SESSION 3 (WEIGHTEDS WEDNESDAY) – FILMED – Upper body

THURSDAY: REST ACTIVE RECOVERY

FRIDAY: SESSION 4 – FILMED – full body

SATURDAY: Tabata Saturdays

SUNDAY: REST

## WEEK 2: STARTING 12TH FEB

MONDAY: SESSION 1 (40 MINUTES) – FILMED – Lower body

TUESDAY: Amrap or at gym cardio or running/walking

WEDNESDAY: SESSION 3 (WEIGHTEDS WEDNESDAY) – FILMED – Upper body

THURSDAY: REST ACTIVE RECOVERY

FRIDAY: SESSION 4 – FILMED – full body

SATURDAY: Tabata Saturdays

SUNDAY: REST

## WEEK 3: STARTING 19ND FEB

MONDAY: SESSION 1 (40 MINUTES) – FILMED – Lower body

TUESDAY: Amrap or at gym cardio or running/walking

WEDNESDAY: SESSION 3 (WEIGHTEDS WEDNESDAY) – FILMED – Upper body

THURSDAY: REST ACTIVE RECOVERY

FRIDAY: SESSION 4 – FILMED – full body

SATURDAY: Tabata Saturdays

SUNDAY: REST



# WORKOUTS //

## **WEEK 1** – *CARDIO SESSIONS FOR TUESDAY AND SATURDAYS*

### AMRAP

*The session consists of 7 blocks of 4 minutes of work with a 1 minute recovery in between each set of 8 minutes (TOTAL: 40 minutes).*

- 10 Side to side shuffle
- 10 Star jump
- 10 Toe taps L
- 10 Toe taps R
- 10 Burpee
- 10 Tricep dips

### CARDIO AT GYM

#### **BIKE CARDIO SESSION 1**

- 5 minutes on level 4 – 6
- 10 x 40 seconds on / 20 seconds off on level 4
- 8 x 40 seconds on / 20 seconds off on level 7 – 9
- 4 x 40 seconds on / 20 seconds off on level 12 – 15 (HEAVY)
- 5 minutes on level 3
- 6 x 40 seconds on / 20 seconds off on level 5
- 4 x 40 seconds on / 20 seconds off on level 6
- 2 x 40 seconds on / 20 seconds off on level 6
- 6 minutes on level 4

