

THE 21 DAY WORKOUT CHALLENGE



For this cycle the challenge is to follow a structured workout plan for 21 days. To make things interesting, challenge your friends on board or your family back home to join you.

- For seafarers, the workouts are ship friendly and don't require any equipment.
- For those stuck in the office in Zoom meetings every day, the workouts can easily be done in a lunchbreak or before you hit the office chair in the morning.
- For families, it's easy enough to do the workouts before your morning shower or dropping the children at school. Even better, try to involve the kids in the challenge and think of a way to reward them if they succeed.

It's as easy as this: **do three moves, three times per day for 21 days**, and end each daily session with three minutes on mindfulness.

Workout instructions:

- Complete the three listed moves for a day.
- Now do two more sets.
- Rest for 60 seconds in between each set concentrating on your breathing.
- Once done, sit in a comfortable position.
- Sit up straight and try to focus on your breathing for three minutes.
- You're all done!

NOTE: IF THE EXERCISES ARE TOO STRENUOUS, REDUCE THE NUMBER OF REPETITIONS - focus instead on creating a habit of doing a reduced regular daily workout. **It's important to listen to your body!** If there is any medical reason for you not to do an exercise, change things up and decide on exercises you are comfortable doing.

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WORKOUT SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
10 squats 10 lunges 10 push-ups	10 calf raises 10 seconds plank 10 sit-ups	10 crunches 10 burpees 10 mountain climbers	10 squats 10 lunges 10 push-ups	10 calf raises 10 seconds plank 10 sit-ups	10 crunches 10 burpees 10 mountain climbers	stretch and rest
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
20 squats 20 lunges 15 push-ups	20 calf raises 20 seconds plank 20 sit-ups	20 crunches 10 burpees 20 mountain climbers	20 squats 20 lunges 15 push-ups	20 calf raises 20 seconds plank 20 sit-ups	20 crunches 10 burpees 20 mountain climbers	stretch and rest
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
30 squats 25 lunges 15 push-ups	30 calf raises 30 seconds plank 30 sit-ups	30 crunches 10 burpees 30 mountain climbers	30 squats 25 lunges 15 push-ups	30 calf raises 30 seconds plank 30 sit-ups	stretch and rest	50 squats 50 lunges 20 push ups

