

Fit to Give: 12 Day Exercise Program (NO EQUIPMENT)



Day 1: Total Body Strength / Time Estimate: 20-30 minutes

Equipment Needed: Timer and Mat. **Directions:** Complete recommended reps of each exercise in the circuit without rest, resting 30 seconds between each round. 2 rounds of each circuit recommended.

Exercise	Sets and Reps	Notes:
<i>Circuit A</i>		
Inchworm to Push Ups	2x10	*Drop to knees for push up modification
Squat to Calf Raise	2x15	
<i>Circuit B</i>		
Superman Lat Pulldown	2x15	
Walking Lunges	2x20	
<i>Circuit C</i>		
Side Lying Lateral Leg Lifts	2x12/Leg	
Bridge	2x15-20	*Single leg or elevate feet for progression
<i>Circuit D</i>		
Plank	2x30-45 sec	

Day 2: Cardio Circuit / Time Estimate: 20-30 minutes		
Equipment Needed: Timer and Mat. Directions: Complete 30-45 seconds of each exercise with 15-20 seconds rest in between each exercise. Rest 1-3 minutes between each round. 2 rounds of the circuit recommended.		
Exercise	Sets and Reps	Notes:
Jumping Jacks	2x30-45 sec	*Tap Jacks for low impact modification *Star Jumps for progression
Mountain Climbers	2x30-45 sec	
Burpees	2x30-45 sec	*Step Out Burpee (no jump) for low impact modification
Alternating Side Lunges	2x30-45 sec	
Squat Jacks	2x30-45 sec	*Skier Squats for low impact modification
High Plank Alternating Shoulder Taps	2x30-45 sec	*Plank on your knees for modification
Broad Jump	2x30-45 sec	*Squat to Kick for low impact modification

Day 3: Stretch Circuit / Time Estimate: 15 minutes		
Equipment Needed: Mat and timer. Directions: Complete one side of each stretch (where applicable) for 20-30 seconds or 2-3 breaths moving to the next stretch without a break. Complete all stretches as a circuit on the right side of the body first. Then complete stretches on the left side.		
Stretch	Sets and Reps	Notes:
Cat-Cow	2x15-30 seconds	
Child's Pose with Side Stretch	2x15-30 seconds	
Hip Flexor	2x15-30 seconds	
Hamstring Stretch	2x15-30 seconds	
Figure 4	2x15-30 seconds	
Chest Opener with Quad	2x15-30 seconds	
Tricep Stretch	2x15-30 seconds	
Forearm / Bicep stretch	2x15-30 seconds	
Shoulder Stretch	2x15-30 seconds	

Day 4: Total Body Strength / Time Estimate: 20-30 minutes

Equipment Needed: Timer and Mat. **Directions:** Complete recommended reps of each exercise in the circuit without rest, resting 30 seconds between each round. 2 rounds of each circuit recommended.

Exercise	Sets and Reps	Notes:
<i>Circuit A</i>		
Push Ups	2x12	*Drop to knees for push up modification
Back Extension	2x15	
<i>Circuit B</i>		
Sumo Squat	2x15	
Side Lunge	2x12/Leg	
<i>Circuit C</i>		
Side Plank Rotations	2x30-45 sec/Side	
Wall Sit	2x30-45 sec	
<i>Circuit D</i>		
Hip Abduction	2x15/Side	

Day 5: Cardio Circuit / Time Estimate: 20-30 minutes		
Equipment Needed: Timer and Mat. Directions: Complete 30-45 seconds of each exercise with 15-30 seconds rest in between each exercise. Rest 1-3 minutes between each round. 2 rounds of the circuit recommended.		
Exercise	Sets and Reps	Notes:
Butt Kicks	2x30-45 sec	
Hand Release Push Ups	2x30-45 sec	*Drop to knees for modification
Jumping Jacks	2x30-45 sec	*Tap Jacks for low impact modification *Star Jumps for progression
Alternating Forward Lunges	2x30-45 sec	*Jumping Switch Lunges for progression
Squat Jump	2x30-45 sec	*Skier Squats for low impact modification
Kneel to Stand	2x30-45 sec	
Skater Hops	2x30-45 sec	*Remove hop for low impact modification

Day 6: Core / Time Estimate: 15 minutes		
Equipment Needed: Mat and timer. Directions: Complete 30-45 seconds of each exercise with 15-20 seconds rest in between each exercise. Rest 1-3 minutes between each round. 2 rounds of the circuit recommended.		
Exercise	Sets and Reps	Notes:
Downdog to Plank	2x30 seconds	*Move back and forth and hold for 1-2 seconds at each
Bird Dog	2 x 30 seconds/side	
Plank	2x30 seconds	
Alternating Deadbug	2x30 seconds	
Alternating Toe Reach	2x30 seconds	
Side Plank	2 x 30 seconds/Side	

Day 7: Rest

Take the day off from exercise or try one of the following as an active recovery day:

- Leisure walk with family, friends, and/or pets
- Restorative Yoga class
- Foam rolling or stretch session

Day 8: Total Body Strength / Time Estimate: 20-30 minutes

Equipment Needed: Timer and Mat. **Directions:** Complete recommended reps of each exercise in the circuit without rest, resting 30 seconds between each round. 2 rounds of each circuit recommended.

Exercise	Sets and Reps	Notes:
<i>Circuit A</i>		
Inchworm to Push Ups	2x10	*Drop to knees for push up modification
Squat to Calf Raise	2x15	
<i>Circuit B</i>		
Superman Lat Pulldown	2x15	
Walking Lunges	2x20	
<i>Circuit C</i>		
Side Lying Lateral Leg Lifts	2x12/Leg	
Bridge	2x15-20	*Single leg or elevate feet for progression
<i>Circuit D</i>		
Plank	2x30-45 sec	

Day 9: Cardio Circuit / Time Estimate: 20-30 minutes		
Equipment Needed: Timer and Mat. Directions: Complete 30-45 seconds of each exercise with 15-20 seconds rest in between each exercise. Rest 1-3 minutes between each round. 2 rounds of the circuit recommended.		
Exercise	Sets and Reps	Notes:
Jumping Jacks	2x30-45 sec	*Tap Jacks for low impact modification *Star Jumps for progression
Mountain Climbers	2x30-45 sec	
Burpees	2x30-45 sec	*Step Out Burpee (no jump) for low impact modification
Alternating Side Lunges	2x30-45 sec	
Squat Jacks	2x30-45 sec	*Skier Squats for low impact modification
High Plank Alternating Shoulder Taps	2x30-45 sec	*Plank on your knees for modification
Broad Jump	2x30-45 sec	*Squat to Kick for low impact modification

Day 10: Stretch Circuit / Time Estimate: 15 minutes		
Equipment Needed: Mat and timer. Directions: Complete one side of each stretch (where applicable) for 20-30 seconds or 2-3 breaths moving to the next stretch without a break. Complete all stretches as a circuit on the right side of the body first. Then complete stretches on the left side.		
Stretch	Sets and Reps	Notes:
Cat-Cow	2x15-30 seconds	
Child's Pose with Side Stretch	2x15-30 seconds	
Hip Flexor	2x15-30 seconds	
Hamstring Stretch	2x15-30 seconds	
Figure 4	2x15-30 seconds	
Chest Opener with Quad	2x15-30 seconds	
Tricep Stretch	2x15-30 seconds	
Forearm / Bicep stretch	2x15-30 seconds	
Shoulder Stretch	2x15-30 seconds	

Day 11: Total Body Strength / Time Estimate: 20-30 minutes

Equipment Needed: Timer and Mat. **Directions:** Complete recommended reps of each exercise in the circuit without rest, resting 30 seconds between each round. 2 rounds of each circuit recommended.

Exercise	Sets and Reps	Notes:
<i>Circuit A</i>		
Push Ups	2x12	*Drop to knees for push up modification
Back Extension	2x15	
<i>Circuit B</i>		
Sumo Squat	2x15	
Side Lunge	2x12/Leg	
<i>Circuit C</i>		
Side Plank Rotations	2x30-45 sec/Side	
Wall Sit	2x30-45 sec	
<i>Circuit D</i>		
Standing Hip Extension	2x15/Side	

Day 12: Holiday Cardio Circuit / Time Estimate: 20-30 minutes

Equipment Needed: Timer and Mat. **Directions:** Complete each exercise with 15-20 seconds rest in between each exercise. Rest 1-3 minutes between each round. 2 rounds of the circuit recommended.

Exercise	Sets and Reps	Notes:
12 Squat Jumps	2x12 reps	
11 Push Ups	2x11 reps	
10 180 Turn Jumps	2x10 reps	
9/leg Reverse Lunges	2x9 reps	
8 Plank Jacks	2x8 reps	
7 Burpees	2x7 reps	
6 Squat Jumps	2x6 reps	
5 Push Ups	2x5 reps	
4 180 Turn Jumps	2x4 reps	
3/leg Reverse Lunges	2x3 reps	
2 Plank Jacks	2x2 reps	
1 Burpee	2x1 rep	