




FIT 14

C H A L L E N G E
Overview

THE **FIT** LIFE

FITNESS + MINDSET + LIFESTYLE + NUTRITION



FIT 14

THE HABIT KICKSTART
14 DAY MIND + BODY CHALLENGE

WEEK 1

MON (W)	FULL BODY A (UPPER BODY PUSH + EMOM)
TUE	ACTIVE RECOVERY (LISS WALK)
WED (W)	FULL BODY B (LOWER BODY + CORE)
THU	ACTIVE RECOVERY (MOBILITY WORK)
FRI (W)	FULL BODY C (UPPER BODY PULL + TABATA)
SAT	HIGH INTENSITY RESISTANCE CIRCUIT 1
SUN	ACTIVE RECOVERY (DEEP STRETCH)

WEEK 2

MON (W)	FULL BODY D (UPPER BODY PUSH + AMRAP)
TUE	ACTIVE RECOVERY (POSTURE WORK)
WED (W)	FULL BODY E (LOWER BODY + CORE)
THU	ACTIVE RECOVERY (LISS CYCLE/SWIM)
FRI (W)	FULL BODY F (UPPER BODY PULL + HIIT)
SAT	ACTIVE RECOVERY (MOBILITY WORK)
SUN	HIGH INTENSITY RESISTANCE CIRCUIT 2

- ✓ (W) GYM/HOME/TRAVEL BASED MANDATORY WORKOUT
- ✓ PURPLE HIGHLIGHTED ACTIVITIES ARE OPTIONAL BUT RECOMMENDED

1. THIS FITNESS SCHEDULE REPRESENTS AN OPTIMAL MIX OF EXERCISE & RECOVERY ACROSS YOUR CHALLENGE FORTNIGHT

2. ALL WORKOUTS CAN BE FOUND IN THE 'ON-DEMAND' SECTION OF YOUR APP

3. LISS: YOU CAN MIX & MATCH ACCORDING TO YOUR PREFERENCES

4. MOBILITY TIPS: YOU'LL PERFORM A MOBILITY ASSESSMENT ON DAY 2. YOUR RESULTS WILL TELL YOU WHAT YOU NEED TO WORK ON DURING YOUR CHALLENGE

5. ENSURE YOU READ THE ARTICLE 'YOUR WORKOUTS & RECOVERY', WHICH YOU CAN FIND IN YOUR 'FIT14 CLASSROOM' (ON DEMAND TAB > RESOURCE COLLECTIONS). THIS ARTICLE GIVES YOU FULL CONTEXT & SHOULD BE READ IN FULL BEFORE STARTING YOUR WORKOUTS.

FIT14

THE HABIT KICKSTART
14 DAY MIND + BODY CHALLENGE

- ✓ 14 day challenge
- ✓ 5 Daily Habits + boosters

PARTICIPATION GOALS

Aim for a goal that **works best for you**. Whether you achieve gold or bronze, you'll progress. Be realistic about your current capacities:



GOLD

Complete all 14 days and perform all 5 Daily Habits, each day



SILVER

Complete at least 12 days performing all 5 Daily Habits



BRONZE

Complete at least 10 days performing all 5 Daily Habits

THE 5 DAILY HABITS

1 **MOVE**

Daily movement (a FIT14 workout / Active Recovery / time outside).

2 **RECORD**

Keep a record of your food & drinks (MyFitnessPal digital diary / picture diary).

3 **PREPARE**

Prepare yourself the night before (evening routine).

4 **READ**

Read for 20 minutes.

5 **DRINK**

Drink 3 litres of water each day.

THE **FIT** LIFE

Become more

THE **FIT** LIFE
PLANS

FIT14
THE FLEXIBLE SHRED
14 DAY MIND + BODY CHALLENGE

THE **FIT** LIFE
Squad
POST-CHALLENGE GROUP

THE **FIT** LIFE
Society

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MENTORSHIP
FITNESS | NUTRITION | MINDSET | LIFESTYLE

FIT
AGENCY

FITNESS | NUTRITION | MINDSET | LIFESTYLE

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