

# FIT M.U.M

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**DAY 1**  
**01/01/15**  
**THURSDAY**

## TEST DAY

Max reps in 60 seconds  
- Squats - Pushups - Sit-ups - Max Plank Hold - Max distance run/walk in 20minutes



**DAY 2**  
**02/01/15**  
**FRIDAY**

## HIIT DAY

10 Push ups, 10 Squats, 10 Crunches, 10 Burpees & 30 second Plank  
Give yourself 30-60s rest after completing the above set  
Beginner 5 rounds, Intermediate 8 rounds & Advanced 10 rounds

**DAY 3**  
**03/01/15**  
**SATURDAY**

## AB DAY

30 Crunches, 30 second right side Plank, 30 Ab Cycles, 30 second left side Plank, 30 leg raises, 30 second right side Plank, 30 Crunches & 30 second left side Plank

**DAY 4**  
**04/01/15**  
**RUNDAY**

## RUN/WALK

20 minutes Beginner  
30 minutes Intermediate- include 3 x 1 minute hard efforts in the run  
40 minutes Advanced- include 5 x 1 minute hard efforts in the run

**DAY 5**  
**05/01/15**  
**MONDAY**

## LEG DAY

Split it up however you want;  
100 squats, 50 lunges each side, 50 step ups each side, 3 minutes of a reverse plank

A ONE HOUR  
WORKOUT  
**IS 4%**  
OF YOUR DAY  
*no excuses*

**DAY 6**  
**06/01/15**  
**TUESDAY**

## REST DAY

*"NO ONE ELSE WILL DO IT FOR ME, I AM THE ONE THAT WILL MAKE THE CHANGE!"*

**DAY 7**  
**07/01/15**  
**WEDNESDAY**

## HIIT DAY

10 Push ups, 10 Squats, 10 Crunches, 30 mountain Climbers, 10 Burpees & 30 second Plank.  
Give yourself 30-60s rest after completing the above set  
Beginner 5 rounds, Intermediate 8 rounds & Advanced 10 rounds

**DAY 8**  
**08/01/15**  
**THURSDAY**

## PYRAMID

Squat Jumps, Dips, Star Jumps  
Perform 2 reps on each, then 4,6,8,10,8,6,4,2  
Run/Walk 20 minutes

70% of people that start a fitness plan  
Quit.  
Except YOU.  
Not this time!

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**DAY 9**  
**09/01/15**  
**FRIDAY**

## LEG DAY

Split it up however you want;  
150 squats, 75 lunges each side, 75 step ups each side, 4 minutes of a reverse plank

**DAY 10**  
**10/01/15**  
**SATURDAY**

## REST DAY

*"TAKE SOME TIME OUT JUST FOR YOU, PUT YOUR FEET UP AND RELAX"*

**DAY 11**  
**11/01/15**  
**RUNDAY**

## RUN/WALK

30 minutes Beginner  
40 minutes Intermediate- include 4 x 1 minute hard efforts in the run  
50 minutes Advanced- include 6 x 1 minute hard efforts in the run

IT'S MONDAY  
*Don't* FORGET  
**TO BE AWESOME.**

**DAY 12**  
**12/01/15**  
**MONDAY**

## HIIT DAY

15 Push ups, 15 Squats, 15 Crunches, 40 mountain Climbers, 15 Burpees & 40 second Plank.  
Give yourself 30-60s rest after completing the above set  
Beginner 5 rounds, Intermediate 8 rounds & Advanced 10 rounds

**DAY 13**  
**13/01/15**  
**TUESDAY**

## PYRAMID

Squat Jumps, Dips, Star Jumps  
Perform 2 reps on each, then 4,6,8,10,12,14,12,10,8,6,4,2  
Run/Walk 25 minutes

**DAY 14**  
**14/01/15**  
**WEDNESDAY**

## RUN/WALK

5 minute warm up  
20 minutes- 10x 1 minute hard effort/1 minute easy effort  
5 minute cool down

**DAY 15**  
**15/01/15**  
**THURSDAY**

## AB DAY

30 Crunches, 35 second right side Plank, 30 Ab Cycles, 35 second left side Plank, 30 leg raises, 35 second right side Plank, 30 Crunches & 35 second left side Plank



**DAY 16**  
**16/01/15**  
**FRIDAY**

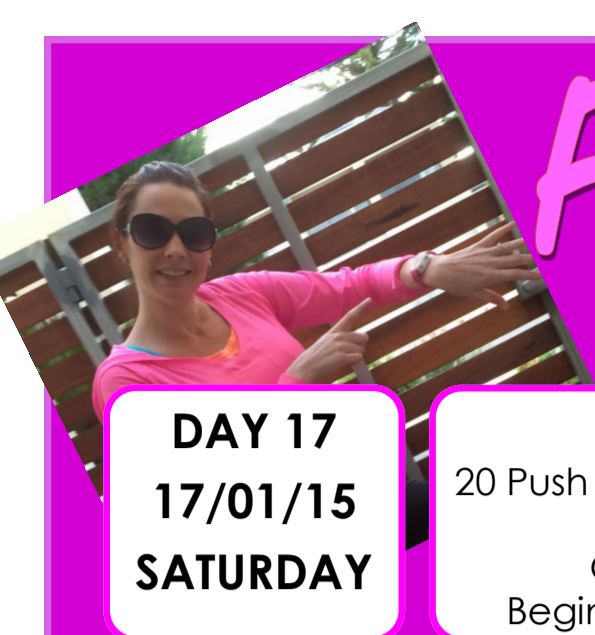
## LEG DAY

Split it up however you want;  
200 squats, 100 lunges each side, 100 step ups each side, 5 minutes of a reverse plank



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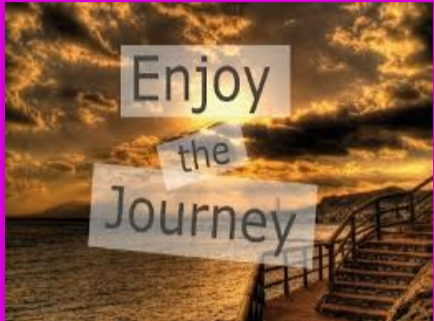


**DAY 17**  
**17/01/15**  
**SATURDAY**

## HIIT DAY

20 Push ups, 20 Squats, 20 Crunches, 50 mountain Climbers, 20 Burpees & 50 second Plank.

Give yourself 30-60s rest after completing the above set  
Beginner 5 rounds, Intermediate 8 rounds & Advanced 10 rounds



**DAY 18**  
**18/01/15**  
**RUNDAY**

## RUN/WALK

40 minutes Beginner

45 minutes Intermediate- include 5 x 1 minute hard efforts in the run

55 minutes Advanced- include 7 x 1 minute hard efforts in the run

**DAY 19**  
**19/01/15**  
**MONDAY**

## REST DAY

*"YOU CAN'T LIVE A POSITIVE LIFE WITH A NEGATIVE MINDSET. WHAT WILL YOU ACHIEVE IN 2015"*

**DAY 20**  
**20/01/15**  
**TUESDAY**

## AB DAY

30 Crunches, 40 second right side Plank, 30 Ab Cycles, 40 second left side Plank, 30 leg raises, 40 second right side Plank, 30 Crunches & 40 second left side Plank

**DAY 21**  
**21/01/15**  
**WEDNESDAY**

## RUN/WALK

5 minute warm up

20 minutes- 10x 1 minute hard effort/1minute easy effort

5 minute cool down

**WAKE UP**  
*and be*  
**AWESOME**

**DAY 22**  
**22/01/15**  
**THURSDAY**

## PYRAMID

Squat Jumps, Dips, Star Jumps

Perform 2 reps on each, then 4,6,8,10,12,14,16,14,12,10,8,6,4,2

Run/Walk 30 minutes

**DAY 23**  
**23/01/15**  
**FRIDAY**

## LEG DAY

Split it up however you want;

250 squats, 125 lunges each side, 125 step ups each side, 6 minutes of a reverse plank



**DAY 24**  
**24/01/15**  
**SATURDAY**

## REST DAY

*"I WILL FINISH WHAT I HAVE I STARTED"*

