



28 - Day Muscle Gain Challenge



MONDAY



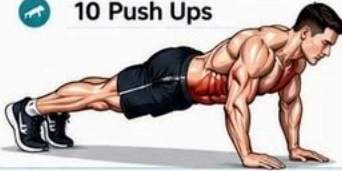
- 20 Squats
- 15 Sec Plank
- 25 Crunches
- 35 Jumping Jacks
- 25 Lunges
- 25 Sec Wall Sit
- 20 Sit Ups
- 20 Butt Kicks
- 25 Push Ups



TUESDAY



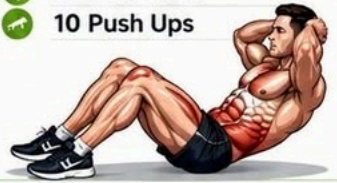
- 10 Squats
- 30 Sec Plank
- 25 Crunches
- 10 Jumping Jacks
- 25 Lunges
- 45 Sec Wall Sit
- 35 Sit Ups
- 20 Butt Kicks
- 10 Push Ups



WEDNESDAY



- 35 Squats
- 40 Sec Plank
- 30 Crunches
- 50 Jumping Jacks
- 25 Lunges
- 35 Sec Wall Sit
- 30 Sit Ups
- 25 Butt Kicks
- 10 Push Ups



THURSDAY



- 35 Squats
- 30 Sec Plank
- 20 Crunches
- 25 Jumping Jacks
- 15 Lunges
- 60 Sec Wall Sit
- 55 Sit Ups
- 35 Butt Kicks
- 20 Push Ups



FRIDAY



- 25 Squats
- 30 Sec Plank
- 20 Crunches
- 25 Jumping Jacks
- 15 Lunges
- 60 Sec Wall Sit
- 55 Sit Ups
- 35 Butt Kicks
- 20 Push Ups



SAT/SUN



REST DAY



Essential Foods Items To Include In Your Diet



LEAN BEEF



SWEET POTATOES



EGGS



BANANA

FAT BURNING BODYWEIGHT WORKOUT

BURN FAT. BUILD STRENGTH. ANYWHERE.



60
SQUATS

1 MIN
PLANK

30
TRICEP DIPS

30
HIGH KNEES



**MOUNTAIN
CLIMBER**

50
CRUNCHES

50
PUSH UPS

50
JUMPING JACK

ULTIMATE CHEST WORKOUT

NO EQUIPMENT NEEDED



01 INCLINE PUSHUPS
3x10



02 PUSHUPS
3x10



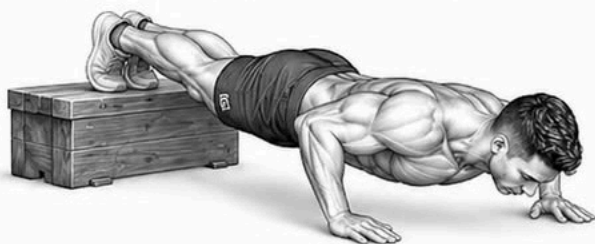
03 PIKE PUSHUPS
3x10



04 TAP PUSHUPS
3x10



05 NARROW PUSHUPS
3x10



06 DECLINE PUSHUPS
3x10



SQUAT FORM

FIX YOUR DEPTH & SPINE POSITION

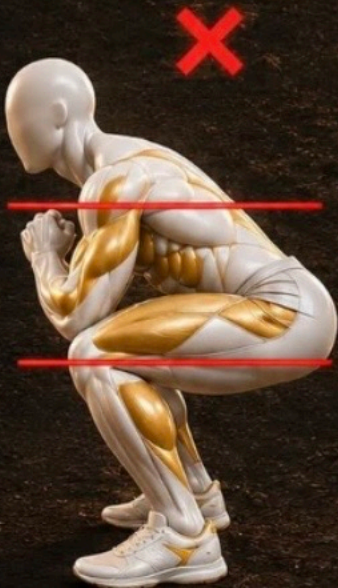


- ❗ Shallow depth
- ❗ Poor torso position



- ✔ Chest up
- ✔ Neutral spine
- ✔ Knees track over toes
- ✔ Sit between the hips

CORRECT FORM: NEUTRAL SPINE



- ❗ Too much forward lean
- ❗ Poor torso position

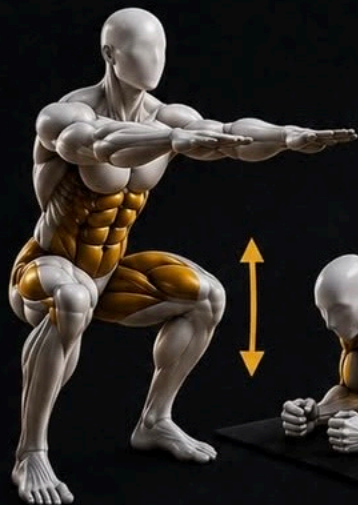


- ✔ Chest up
- ✔ Neutral spine
- ✔ Knees track over toes
- ✔ Sit between the hips

ENTRENAMIENTO PARA QUEMAR GRASA

JF
JOTAFITNESS.CL

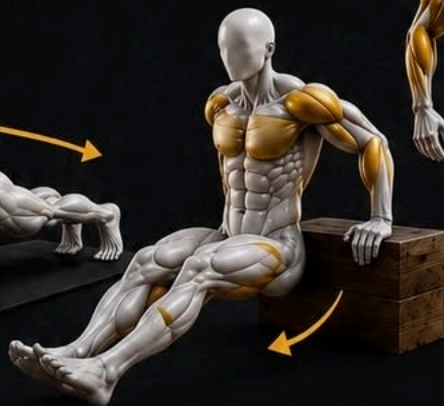
— QUEMA GRASA. GANA FUERZA. EN CUALQUIER LUGAR. —



60
SENTADILLAS



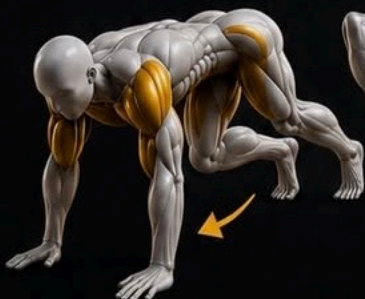
1 MIN
PLANCHA



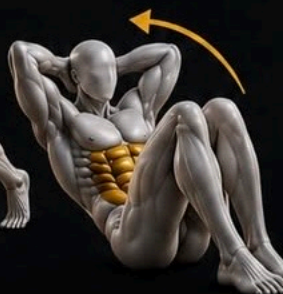
30
FONDOS DE TRÍCEPS



30
RODILLAS ARRIBA



**ESCALADORAS
DE MONTAÑA**



50
ABDOMINALES



50
FLEXIONES



50
JUMPING JACKS

PLANKS: THE BEST CORE WORKOUT

— STRONG CORE. BETTER YOU. —



1 ELBOW PLANK



2 PLANK ARM RAISES



3 FULL PLANK



4 PLANK LEG RAISES



5 SIDE PLANK



6 SIDE PLANK ROTATIONS

TIPS

- Keep hips level and core tight
- **Avoid arching** your lower back
- Control every movement slowly
- Control every movement slowly

NO GYM. NO PROBLEM. CALISTHENICS WORKOUT

No Gym. No Problem.



Push-ups **10 reps**



Squats **15 reps**



**Mountain
Climbers** **20 each leg**



Plank **30 sec**



Dips **10 reps**

SAVE THIS WORKOUT & TAG A FRIEND 🔥

TOP 10 BEST HOME WORKOUTS WITH NO EQUIPMENT

1

Burpees



2

Squats (Bodyweight / Air Squats)



3

Push-Ups



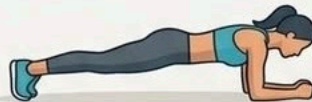
4

High Knees



5

Plank



6

Jumping Jacks



7

Walking Lunges / Reverse Lunges



8

Triceps Dips (Chair / Couch Dips)



9

Glute Bridge



10

Mountain Climbers



MILITARY MUSCLE

- FULL WEEK AT HOME WORKOUT -

» START EACH WORKOUT WITH A 15 MIN RUN/WALK AND 5 MIN STRETCH «

MONDAY

-  • 20 SIT UPS
-  • 10 PUSH UPS
-  • 20 SQUAT JUMPS
-  • 30 SEC PLANK
-  • 20 MOUNTAIN CLIMBERS
-  • 1 MIN JUMP ROPE
-  • 30 JUMPING JACKS
-  • 20 LATERAL JUMPS

TUESDAY

-  • 30 SIT UPS
-  • 15 PUSH UPS
-  • 30 SQUAT JUMPS
-  • 40 SEC PLANK
-  • 30 MOUNTAIN CLIMBERS
-  • 2 MIN JUMP ROPE
-  • 40 JUMPING JACKS
-  • 30 LATERAL JUMPS

WEDNESDAY

-  • 40 SIT UPS
-  • 20 PUSH UPS
-  • 40 JUMP SQUATS
-  • 50 SEC PLANK
-  • 30 MOUNTAIN CLIMBERS
-  • 3 MIN JUMP ROPE
-  • 50 JUMPING JACKS
-  • 40 LATERAL JUMPS

THURSDAY

-  • 30 SIT UPS
-  • 20 PUSH UPS
-  • 30 SQUAT JUMPS
-  • 30 SEC PLANK
-  • 30 MOUNTAIN CLIMBERS
-  • 1 MIN JUMP ROPE
-  • 40 JUMPING JACKS
-  • 20 LATERAL JUMPS

FRIDAY

-  • 50 SIT UPS
-  • 20 PUSH UPS
-  • 50 SQUAT JUMPS
-  • 60 SEC PLANK
-  • 50 MOUNTAIN CLIMBERS
-  • 4 MIN JUMP ROPE
-  • 50 JUMPING JACKS
-  • 45 LATERAL JUMPS

WEEKEND



• REST DAYS



FULL BODY STRETCH (10 MINUTES)

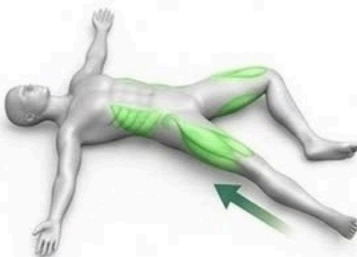
Hold each stretch for 30 seconds

STANDING OVERHEAD REACH



30 sec

LYING SUPINE TWIST



30 sec

CAT-COW FLOW



30 sec

SEATED ADDUCTOR STRETCH



30 sec

SUPINE LEG UP



30 sec

LYING HIP PIRIFORMIS STRETCH



30 sec

TRIANGLE POSE



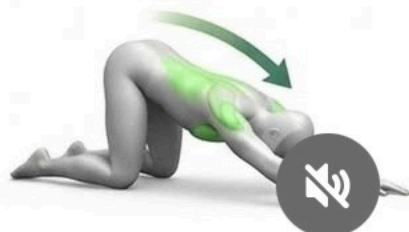
30 sec

DOORWAY CHEST STRETCH



30 sec

PUPPY POSE



30 sec

≡ FULL BODY STRETCH (10 MINUTES) ≡

🕒 Hold each stretch for 30 seconds

1 STANDING QUAD STRETCH



🕒 30 sec

2 FORWARD BEND



🕒 30 sec

3 SIDE LUNGE STRETCH



🕒 30 sec

4 HIP FLEXOR STRETCH



🕒 30 sec

5 KNEE TO CHEST



🕒 30 sec

6 GLUTE STRETCH



🕒 30 sec

7 DOWNWARD DOG



🕒 30 sec

8 COBRA STRETCH



🕒 30 sec

9 CHILD'S POSE



🕒 30 sec



IMPROVES FLEXIBILITY



REDUCES MUSCLE TENSION



BOOSTS CIRCULATION



RELIEVES STRESS & IMPROVES WELL-BEING