

MOMENTUMSHIFT.NET

MOMENTUM SHIFT



AT-HOME

7-DAY  
FITNESS  
CHALLENGE

# 7-DAY AT-HOME FITNESS CHALLENGE

## OVERVIEW

**DURATION:** 20–30 MINUTES PER  
DAY

**FOCUS AREAS:** FULL-BODY  
STRENGTH, CARDIO, CORE, AND  
FLEXIBILITY

**GOAL:** BUILD CONSISTENCY,  
IMPROVE FITNESS, AND FEEL  
MORE ENERGIZED

**OPTIONAL:** INCLUDE WARM-UPS  
AND COOL-DOWNS (5 MINUTES  
EACH)

WATCH YOUR  
MOMENTUM SHIFT





# WATCH YOUR MOMENTUM SHIFT

## TIPS

**WORKOUTS:** IF YOU ARE  
UNSURE WHAT THE EXERCISE IS,  
JUST LOOK UP THE NAME!

**REPS:** FEEL FREE TO ADD MORE  
REPS FOR A TOUGHER  
CHALLENGE

**PACE:** GO AT YOUR OWN PACE,  
DON'T RUSH YOURSELF

**MOST IMPORTANTLY, HAVE  
FUN!**



# **DAY 1: FULL-BODY KICKSTART**



**BODYWEIGHT SQUATS – 3 SETS  
OF 20 REPS**

**PUSH-UPS – 3 SETS OF 12 REPS  
(MODIFY WITH KNEES ON  
FLOOR IF NEEDED)**

**PLANK HOLD – 3 ROUNDS OF 30  
SECONDS**

**REVERSE LUNGES – 3 SETS OF 10  
REPS PER LEG**

**MOUNTAIN CLIMBERS – 30  
SECONDS X 3 ROUNDS**

**OPTIONAL: FINISH WITH A 1-  
MINUTE JOG IN PLACE.**



**LET'S DO THIS!**





## **DAY 2: CARDIO BURN**

**HIGH KNEES – 30 SECONDS X 4  
ROUNDS**

**JUMPING JACKS – 3 SETS OF 25  
REPS**

**BURPEES – 3 SETS OF 10 REPS  
(MODIFY BY STEPPING BACK  
INSTEAD OF JUMPING)**

**SKATER JUMPS – 3 SETS OF 10  
REPS PER SIDE**

**FAST FEET (FOOTBALL DRILLS) –  
30 SECONDS X 3 ROUNDS**

**COOL DOWN: SLOW MARCHING  
IN PLACE FOR 1-2 MINUTES.**

**FEEL THE BURN**



# **DAY 3: CORE STRENGTH**



**PLANK SHOULDER TAPS – 3  
SETS OF 15 REPS PER SIDE**

**LEG RAISES – 3 SETS OF 12 REPS**

**RUSSIAN TWISTS – 3 SETS OF 15  
REPS PER SIDE (MODIFY BY  
KEEPING FEET ON THE FLOOR)**

**BICYCLE CRUNCHES – 3 SETS OF  
15 REPS PER SIDE**

**SIDE PLANK HOLD – 30  
SECONDS PER SIDE X 2 ROUNDS**

**OPTIONAL: ADD A 60-SECOND  
PLANK FINISHER.**



**YOU GOT THIS!**





## **DAY 4: LOWER BODY BURN**

**BODYWEIGHT SQUATS – 3 SETS  
OF 15 REPS**

**GLUTE BRIDGES – 3 SETS OF 12  
REPS**

**STEP-UPS (USE STAIRS OR A  
STURDY SURFACE) – 3 SETS OF  
10 REPS PER LEG**

**WALL SIT – 3 ROUNDS OF 30  
SECONDS EACH**

**CALF RAISES – 3 SETS OF 15  
REPS**

**COOL DOWN: STRETCH  
HAMSTRINGS AND QUADS.**

**OVER THE HALF  
WAY MARK!**



# **DAY 5: ACTIVE RECOVERY**



**CAT-COW STRETCH – 10 REPS**

**DOWNWARD DOG TO COBRA  
STRETCH – 10 REPS**

**SEATED FORWARD FOLD –  
HOLD FOR 30 SECONDS**

**WORLD'S GREATEST STRETCH –  
10 REPS PER SIDE**

**CHILD'S POSE – HOLD FOR 30  
SECONDS X 2 ROUNDS**

**OPTIONAL: ADD LIGHT YOGA OR  
A SHORT WALK.**



**ALMOST THERE!**





## **DAY 6: UPPER BODY & CORE**

**INCLINE PUSH-UPS (USE A  
CHAIR) – 3 SETS OF 12 REPS**

**SUPERMAN HOLD – 3 ROUNDS  
OF 30 SECONDS EACH**

**PLANK WITH ARM REACH – 3  
SETS OF 12 REPS PER SIDE**

**TRICEP DIPS (USE A STURDY  
SURFACE) – 3 SETS OF 12 REPS**

**SIDE PLANK HIP DIPS – 3 SETS  
OF 12 REPS PER SIDE**

**COOL DOWN: ARM CIRCLES AND  
SHOULDER STRETCHES.**

**YOU ARE DOING  
GREAT!**



# **DAY 7: FULL-BODY FINISHER**



**BURPEES – 3 SETS OF 15 REPS**


**JUMP SQUATS – 3 SETS OF 12  
REPS (MODIFY BY SKIPPING THE  
JUMP)**

**PUSH-UPS TO PLANK HOLD – 3  
SETS OF 10 REPS**

**LUNGE JUMPS – 3 SETS OF 12  
REPS PER LEG (MODIFY WITH  
STEPPING LUNGES)**

**SIT-UP TO REACH – 3 SETS OF 15  
REPS**

**FINISHER: HIGH KNEES FOR 1  
MINUTE.**



**LAST DAY - BEST DAY!**