

**THE**  
**CHALLENGE**  
**FIT CLUB**

**EXERCISE**  
**LIBRARY**



**Fresh Fitness**  
**Every 21 Days**  
**for Insane Results**

**CHALLENGE YOURSELF -**  
**CHANGE YOUR PHYSIQUE**

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## Category Name

### 1. Barbell Squats

- Set the bar up at chest level in the squat rack.
- Step under the bar and rest the barbell on the traps.
- Your grip on the bar should be narrow, yet comfortable.
- Position the feet and hips under bar, take it off the rack and take 2 small steps back.
- Your feet should be shoulder-width apart, toes slightly turned out.
- Start the movement at the hip joint. Push your butt backward and “sit back into a chair”. Make your butt go back as far as possible and keep your knees out.
- Squat as deep as possible, but keep your low back tensed in a neutral position, abs tight.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Do NOT round your lower back.
- The head controls the spine so keep the eyes looking upward.



## 2. Bench Press

- Keep your feet flat on the floor, legs bent, and upper back flat against the bench.
- Grip the bar using a shoulder-width grip.
- Have your spotter help you take the bar from the rack.
- Keeping your elbows at a 90 degree angle, lower the bar straight down to your chest.
- Pause briefly and then press the bar back up above the chest in a slight angle towards the chin.



### 3. Bird Dog

- Get into four point stance
- Slowly raise one leg and opposing arm
- Hold position for specified time
- Keep arm at ear level
- Keep abs tight and heel at hip level
- To modify, drop one hand and balance in three point stance
- Repeat on opposite side



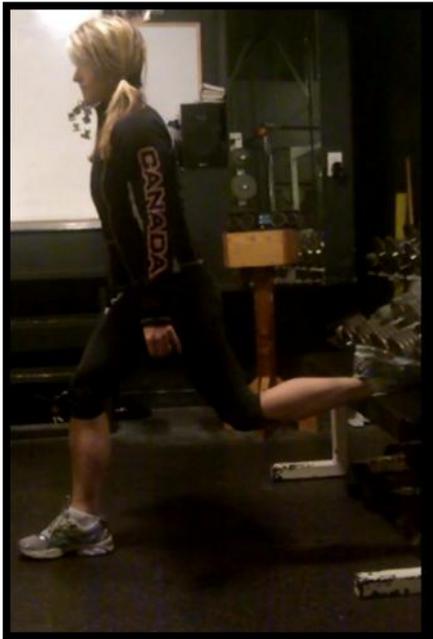
## 4. Box Jump

- Jump softly onto box
- Make sure to get heels firmly on box
- Step down
- Repeat



## 5. Bulgarian Split Squat

- Rest one foot on a bench.
- Step forward with the other foot. Do NOT allow the knee to extend over the toe.
- Lower the body down and return to start.



## 6. Burpee

- From a standing position, drop down into plank position
- Draw the legs back towards the hands and jump up
- Repeat
- (Add a push up from the plank position for a more advanced burpee)



## 7. Cross Body Mountain Climbers

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your opposite shoulder. Do not let your hips sag.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.
- Modify – drop to the knees to rest when needed



## 8. Dead Lift

- This can be done with a barbell or dumb bells
- Push the hips backwards, maintain a flat back to bend to grab weight
- Keep the weight close to the shins and up and over the knee
- Keep the chin and chest high
- Stand up
- Lower the weight in a similar fashion
- Repeat



## 9. Decline Push Up

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Place the feet on a bench or incline.
- Slowly lower yourself down until you are an inch off the bench.
- The steeper the decline, the more difficult the push up (the lower the decline, the more modified).
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.



## 10. Fire Hydrant Lift

- Get into a 4 point balance
- Lift one leg to the side and extend at the knee to straighten the leg and then bend back to start
- Lift the opposite arm to the side
- Keep the hips and shoulders square to the floor
- Keep the knee perpendicular to the body (don't let it drift to the back)
- Repeat on the other side



## 11. Floor Leg Raise

- Start on the back with the legs elevated off the floor
- To modify, keep the legs higher off the floor
- To intensify, allow the feet to come to about 6 inches off the floor
- Ensure that the lower back is touching the ground at all times
- Lift the legs off the floor to 90 degrees
- Roll the hips off the floor to reach toes to the sky
- Return to the start



## 12. Full Body Extension

- Start with feet hip width apart
- Keep the chin and chest high
- Do a quarter squat, push the butt back
- Forcefully throw the hands up overhead
- Extend the hips forward to straighten the legs
- Rise up on the toes
- Return to start position in quarter squat
- Repeat as fast as possible



### 13. Get up

- Get into a plank position.
- Lower the body from hand to elbow on one side and then the other to go into the low plank position.
- Push back up, one hand at a time to return to high plank position.
- Alternate the hand that you push up on first each time.



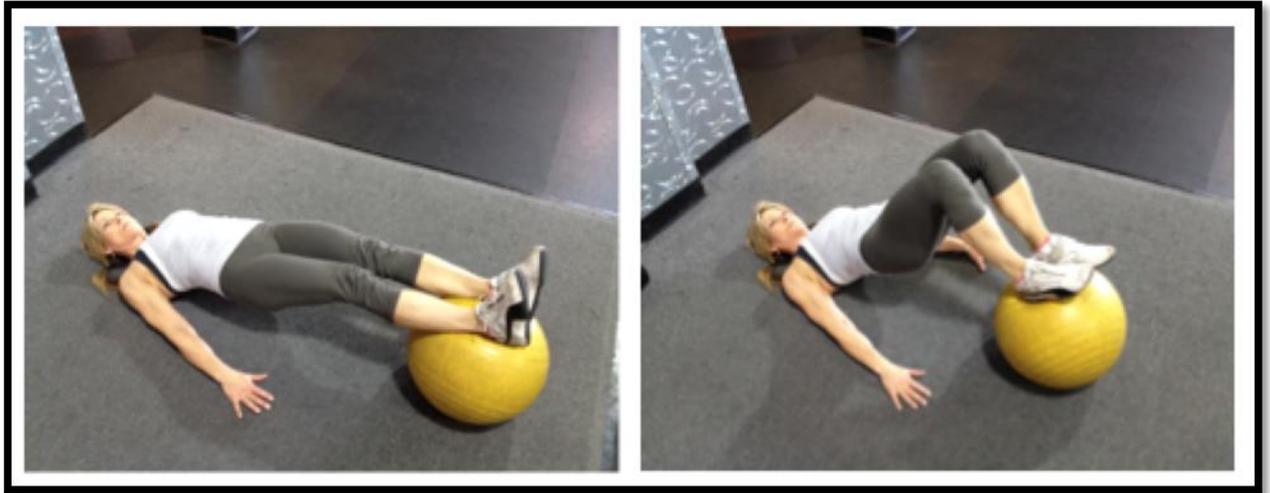
### 14. Goblet Squat

- Hold a DB or KB at chest level, palms up, elbows in tight to body
- Squat to 90 degrees or more
- Return to standing
- Keep chin and chest high



## 15. Hamstring Curl on Gliders or Stability Ball

- Balance on the upper back and shoulders while placing the heels on the stability ball to get into a reverse plank position.
- Roll the stability ball in towards the butt while keeping the hips off the ground.
- Return to reverse plank position.



## 16. Hanging Leg Raise

- Hang from a chin-up bar using an overhand grip. Brace your abs.
- With a slight bend in your knees, curl your hips back and raise your legs up in front of you until they are parallel to the floor or higher.
- Don't use momentum. Go slow and controlled both ways.



**Position A – Hanging Leg Raise**



**Position B – Hanging Leg Raise**

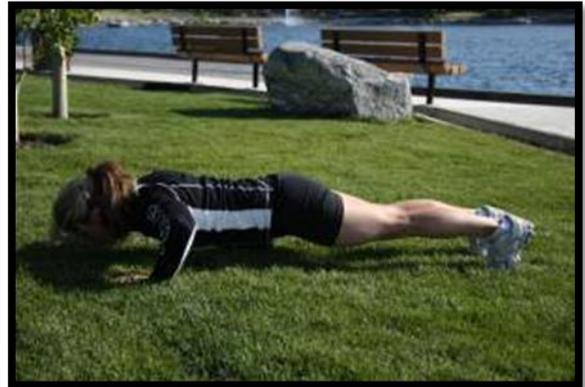
## 17. Hanging Oblique Leg Raise

- Hang from a bar
- Lift right knee towards right hip
- Return to full hang position
- Lift left knee towards left hip



## 18. Inchworm Push Up

- Start in a standing position
- Bend at the waist and walk hands out to a push up position
- Complete a push up (drop to knees if needed)
- Walk hands back towards feet and stand upright



## 19. Jump Rope (Double Unders)

- Use a two foot jump
- Allow the rope to pass under the feet twice for each single jump



## 20. Jump Rope (High Knees)

- Bring alternate knees up high for each jump of the rope



## 21. Jump Rope (Side To Side)

- Do a two foot jump to jump the rope on alternate sides



## 22. Jumping Jacks

- Jump and straddle legs and lift arms to shoulder height.
- Return to start, repeat.
- To lessen impact, do arm action and alternate a step to either side



## 23. Jumping Lunge

- Start in the bottom of a split squat position.
- Your front thigh should be parallel to the floor, your torso upright, and your abs braced.
- Jump up explosively and switch leg positions in the air.
- Your back leg becomes the front leg, and vice versa.
- Absorb the landing with your muscles. Keep your abs braced and torso upright.



## 24. KB Swing

- Hold the kettlebell with both hands, palms facing backwards
- Maintain the weight on the heels as you bend over to grab the KB and ‘hike’ it between the legs
- Hinge at the hips to drive the KB forward to about eye level
- Actively squeeze the glutes and tighten the core
- Allow the arms to bring the KB back between the legs, high between the thighs
- Keep the shoulders down and engage the lats and quads
- The bottom of the KB should be facing forward at the top of the swing



## 25. Lateral Lunge

- Keep the chin up and chest high
- Step directly sideways as far as possible
- Bend the leg and drop the hips backwards
- Lift up the toes of the extended leg to elongate it and feel a stretch
- Return to standing by pushing off the bent leg
- Modify by pushing off the knees with the hands
- Add a weight in the goblet position to intensify



## 26. Leg Climbers

- Start on the floor with one leg bent towards the bum
- Extend the opposite leg
- Roll up slowly as if climbing the extended leg
- Slowly unroll back to the floor



## 27. Mountain Climber

- Get into a plank position
- Draw one knee into the chest, keeping the shoulders over the hands, try to keep the leading toe off the ground
- Switch legs as quickly as possible



## 28. One Leg Walk Out To Plank Cross Body Mountain Climber

- Start in a standing position
- Lift one leg off the floor
- Walk the hands out into a high plank
- Draw the opposite knee in towards the opposite elbow
- Return the leg to neutral position
- Walk the hands back in towards the toes
- Repeat on the opposite leg



## 29. Overhead Squat

- Lift the arms overhead with the thumbs pointing to the back
- Try to keep the arms straight and over the shoulders
- Perform a regular squat while actively squeezing the shoulder blades together



## 30. Plank Alternate Leg Lift

- Get into a plank position on the elbows
- Lift alternate legs
- Keep hips and shoulders square to the floor



### 31. Plank Jacks

- Assume a plank position
- Start with the legs together
- Hop the legs to a straddle position
- Return the legs together



### 32. Prisoner Split Squat

- Lace fingers behind head, press elbow back and squeeze upper back together
- Step back with one leg and drop the knee towards the floor
- Step forward on the heel of the front foot
- Repeat on the other side



### 33. Prisoner Squat

- Place hands behind head
- Chin up, squeeze upper back to keep elbows back
- 'Sit' into squatting position and return to standing



### 34. Prisoner Swing Lunge

- Assume the prisoner hand position with the fingers locked behind the head, elbows squeezed backwards to engage the muscles of the upper back
- Step back on one leg and lower the knee towards the floor
- Keep the weight on the front foot
- Step up on the heel of the front foot and bring the leg to standing
- Step forward on the same leg and lower the back knee to the floor
- Push off the heel of the front foot to return to standing
- Repeat on the opposite leg



### 35. Pull up

- Grasp the bar with an overhand, wide grip.
- Pull yourself up until your chin is over the bar.
- Return to full hanging position with control.



**Position A – Body Weight Pull Up**



**Position B – Body Weight Pull Up**

### 36. Push up

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.
- Modify – drop to the knees



**Position A – Push up**



**Position B – Push up**

### 37. Push Up Shoulder Touch

- Get into plank position with hands wider than shoulder width
- Keep ears, shoulders, hips and ankles all in alignment
- Slowly lower chest toward ground
- Return to plank position
- Touch opposite shoulder between reps



### 38. RDL

- Hold a bar or DB's at thigh level.
- Fold at the hip, keeping the back flat, chest and chin up.
- Lower the bar to knee level.
- Initiate the return movement from the hips/hamstrings to the start.



### 39. Reverse Lunge

- Take a big step backwards and bend back knee towards ground
- Keep toes on front foot visible (do not let the knee extend over the toes)

- Keep weight on the heel of front foot as you step forward
- Do the same with the opposite leg
- Add weights to load the movement.
- Modify – if the knees are irritated with a lunge, swap out a stiff legged dead lift to work the hamstrings instead, or modify depth



#### 40. Screech

- Assume the high plank position with shoulders over hands
- Tighten through the glutes, quads and core
- Bring right foot as close to right hand as possible while keeping the hips level
- Bring left hand over the shoulder
- Follow the head to the hand to look upward
- Return to high plank position
- Repeat on the opposite side



#### 41. Shoe Touch

- In face up, prone position, pull heels in tight to butt

- Lift shoulders slightly off the ground, neutral spine (ears in line with shoulders)
- Try to reach to touch same hand to same toe
- Repeat on opposite side
- Keep lower back pressed to ground, tight abs



## 42. Sit Out

- Get into a high plank position and bring the knees close to the elbows
- Slide one leg under the body and extend to one side
- Drop the hip to the ground
- Repeat on the other side
- Move as quickly as possible from one side to the other



## 43. Skater

- Get into squat position
- Powerfully jump sideways as far as possible

- Bring legs together and jump to opposite side
- Swing arms



#### 44. Spider Crawl

- Assume a high plank position
- While keeping the hips level, bring one foot up as close to the same hand as possible
- Return to the high plank position

- Repeat with the other foot



#### 45. Spiderman Push Up

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Keep your foot off the ground as you do so.
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to twist your hips.
- Modify – do the push up, then the spider crawl without bringing the elbow to the knee



#### 46. Sprinter Start Skip Hop

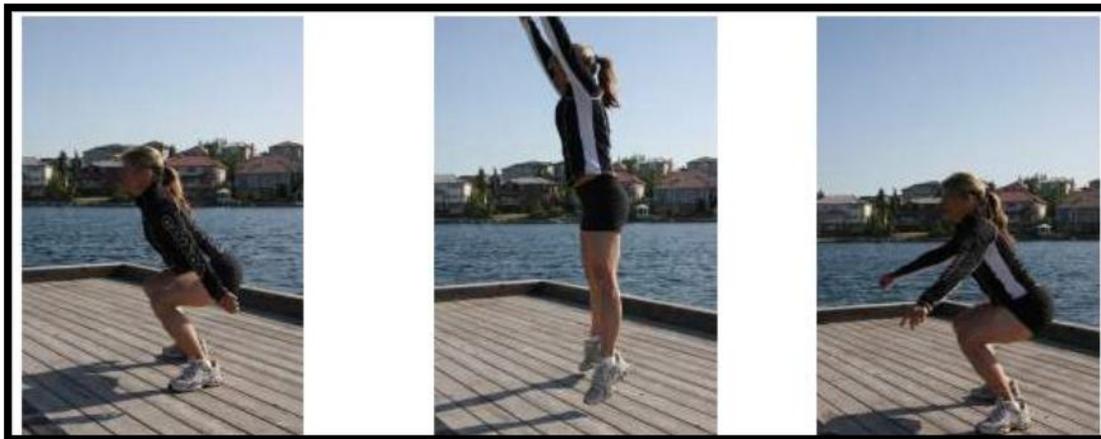
- Step back with one leg
- Drop the knee to the floor
- Swing the leg through and drive knee to the sky

- Jump up onto the toe of the balancing leg
- Repeat for the required time/reps
- Repeat on the other side



#### 47. Squat Jump

- From squat position, powerfully jump to fully extended position, raise arms overhead
- Decelerate as feet touch the ground, return to squatting position
- Modify – eliminate the jump



#### 48. Stationary Sprint

- Drive the knee up towards the chest while pumping the opposite arm
- Switch legs and arms
- Essentially, sprint on the spot with high knees
- Modify with a stationary jog



#### 49. Superman T-Squeeze

- Lie on the ground with hands and legs fully extended
- Lift the arms in a T position and lift the feet off the floor and hold
- Squeeze the shoulder blades together
- Return to the floor
- Keep the head in line with the shoulders



#### 50. Swing Lunge

- Stand with your feet shoulder width apart, holding a dumbbell or kettlebell at chest height.
- Step forward with one leg into a lunge position, taking a larger than normal step.
- Drop your back knee just above the ground and bend your front knee as well, keeping your upper body straight.

- Drive through your front leg and bring it behind you, performing a reverse lunge with the OTHER leg.
- That's one rep; repeat for all reps and then switch legs
- Modify – Unload the exercise (no added weight)



## 51. T Plank

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Keep the eyes looking forward versus dropping the chin to the chest.
- Rotate off the floor to a one-arm plank position, keeping the body straight in a T position.
- Alternate sides.



## 52. Wall sit

- 'Sit' against a wall or flat surface, legs at right angles
- Keep head on wall, tight abs
- Hold position for specified length



### 53. Woodchopper

- Start with the medicine ball or dumb bell held in both hands at hip level on one side.
- Keep your abs braced and powerfully rotate up and across the body.
- Lift and look up.
- Chop the ball or DB down to hip level while keeping your chest up.
- Reverse the movement. Do not round your lower back.



## Suspension Training

## 1. Ab Roll Out

- Kneel on the ground with your hands in the straps.
- Keep your body in a straight line, brace your abs, and keep your low back tensed.
- Lean forward & extend your arms overhead and keep your abs braced as they stretch.
- Contract your abs and keep your body in a straight line from toes to shoulders as you  come back up to the start.



## 2. Atomic Push Ups

- Place toes in foot holds and assume a high plank position
- Draw the knees in towards the chest
- Return to plank position
- Do a full push up
- Repeat



## 3. Bicep Curls

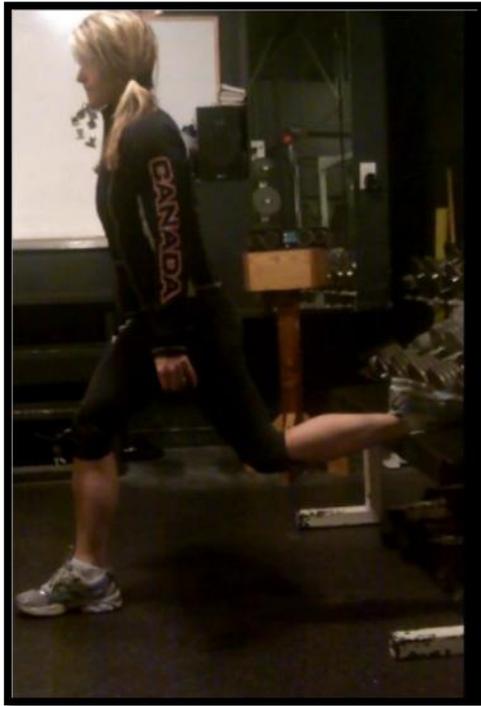
- Face the suspension trainer
- Grasp handles, palms up
- The elbow is the pivot point
- Bring palms to shoulders
- Keep head high and eyes on anchor
- Return to start



#### 4. Bulgarian Split Squat

- Rest one foot in cradle.

- Step forward with the other foot, do NOT allow the knee to extend over the toe.
- Lower the body down and return to start.



## 5. Chest Press

- Face away from the suspension trainer.
- Grasp the handles with a palms down, shoulder width grip.
- Make the body as plank like as possible.

- Do a push up like movement.
- To modify, move the feet away from the anchor and stand more upright.
- To intensify, move feet towards anchor to increase the angle of pull.



Position A



Position B

## 6. Eccentric Sit Up

- Put the hands on the handles and apply constant downward pressure as you roll to the floor one vertebrae at a time.
- Return to sitting position while applying downward pressure on the handles.
- Try not to use the handles to pull back up to the seated position.



## 7. Hamstring Curl

- Put heels in the foot holds
- Lift hips off the ground
- Bring heels towards butt

- Return to start



## 8. Jumping Lunges

- Place the hands in the handles for balance.
- Start in the bottom of a split squat position.
- Your front thigh should be parallel to the floor, your torso upright, and your abs braced.
- Jump up explosively and switch leg positions in the air.
- Your back leg becomes the front leg, and vice versa.
- Absorb the landing with your muscles. Keep your abs braced and torso upright.



## 9. One Legged Burpee

- The TRX should be set to mid-calf height.
- Place one foot in the cradle and get centered with the anchor point. Your shoulders should be over your hips.

- Drive your suspended knee back and lower your hips until your back knee is 2 inches from the floor.
- Put your hands on the ground, hop your grounded leg straight back into a plank. Hold for 2 seconds and do a pushup.
- Hop your grounded leg forward and explode up into a jump.



## 10. Pendulum

- Brace your abs.
- Put your hands directly under your shoulders.
- Keep your back flat, your body should form a straight line from your shoulders to your ankles.
- Let the body swing like a pendulum to one side, bring it to the center and stop. Repeat on the other side.
- The key is to keep this a controlled movement and stop to hold the center plank position for a few seconds before repeating the swing to the opposite side.



## 11. Pike

- Brace your abs.
- Put your hands directly under your shoulders.
- Keep your back flat, your body should form a straight line from your shoulders to your ankles.

- Elevate the hips into a pike position, return to start.



## 12. Plank

- Brace your abs.
- Put your hands directly under your shoulders.
- Keep your back flat, your body should form a straight line from your shoulders to your ankles.
- Hold the plank position for the designated time.



## 13. Pull Thru

- Put the heels in the foot cradles.
- Brace your abs. Put your hands directly under your shoulders.
- Extend the hips into a reverse plank like position.
- Pull the hips back, preferable past the hands, bringing the chest to the knees.
- Repeat.



## 14. Rows

- Face towards the suspension trainer.
- Grasp the handles with an overhand, shoulder width grip, keep palms facing each other.
- Make the body as plank like as possible.
- Row the arms in towards the body, squeezing the shoulder blades together, keeping the chest up.
- To modify, move the feet away from the anchor and stand more upright.

- LOW ROW - To intensify, move feet towards anchor to increase the angle of pull.



## 15. Side Plank

- Brace your abs. Balance on your elbow which is directly under your shoulder.
- Keep your back flat, hips fully extended, your body should form a straight line from your shoulders to your ankles.
- Don't let the hip drop to the ground.
- Hold the plank position for the designated time.



## 16. Single Leg Rdl To Reverse Lunge

- Place the hands in the handles for balance.
- Balance on one leg while lifting the heel to the ceiling and bringing the chest to the floor
- Return to start and directly step back on the same leg to perform a reverse lunge
- Repeat on the opposite side



## 17. T Row

- Hold the suspension straps thumbs face the ceiling with palms forward
- Straighten the arms into a T position
- Squeeze the shoulder blades together while bringing the arms to the sides
- Return to palm facing each other position



## 18. Tricep Extensions

- Face away from suspension trainer
- Grasp handles with palms to the floor
- Keep arms straight in a plank like position with elbows close to the ears
- Bend at the elbow bringing thumbs towards the ears

- Maintain a plank like position the entire time with abs braced
- Return to start



## 19. Tucks

- Brace your abs.
- Put your hands directly under your shoulders.
- Keep your back flat, your body should form a straight line from your shoulders to your ankles.
- Bring the knees into the chest into a tuck position, return to start.

