

21 DAY IGNITE FITNESS CHALLENGE

The information in this Ignite Fitness Challenge is for education purposes only. It is not medical advice and is not intended to replace the advice or attention of health-care professionals. Consult your physician before beginning or making changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

The Keys to Success With the Ignite Fitness Program

3 keys to success with a fitness program-

Social support/accountability, Nutrition, and Proper Exercise Program.

Social support/accountability in this program will come daily in the facebook private group. Every day you need to do at least 1 activity that is moving you forward with your health/fitness goals. Yes, walking counts!

Nutrition will include plenty of water, whole natural foods, plenty of fruits/vegetables and protein. Snacks will be fruit, nuts and plain popcorn. Basically a meat and veggies diet with some nuts and fruit mixed in.

The workouts will consist of bodyweight circuit training done 3 days per week. In addition to these workouts will be 2 interval training workouts. These can be done after the regular bodyweight circuits or on another day.

Take 2 rest days per week. On your rest days you will still walk and you can do other physical activities like bike, swim, kayak, hike.

The importance of water and something as simple as walking cannot be overlooked. They are both crucial. And don't forget to sleep. 7-8 hours per night is good for most people.

I know, the hardcore hustlers claim to sleep only 1 hour, and grind all day and night. They are full of it, and we all know it. Get your rest. It helps the body recover, maintain balance in your hormones, reduces stress and helps you lose weight instead of gain unnecessary fat.

Workouts – Week 1

3 days per week

Workouts should be done Monday/Wednesday/ Friday or Tues/Thurs/Sat

Always warm-up for 3-5 minutes

Example warm-up- Squat x 6, jumping jacks x 15, bird dog x4 (repeat x2 for 3 total rounds)

Workout 1

1a Squat x 10-12

1b Planks x 20-30 seconds

Rest 30 seconds. Repeat 2 more times for a total of 3 supersets. (Superset goes from one exercise right to the next with no rest)

2a Pushup (regular or kneeling) x8-12 reps

2b Glute Bridges x 12

Rest 30 seconds. Repeat 2 more times for a total of 3 supersets.

3a Bird dog x 6

3b Side Plank x10 seconds (each side)

Rest 30 seconds. Repeat 2 more times for a total of 3 supersets.

Workout 2

Warm-up 3-5 minutes (jumping jacks, squat, bird dog)

1a Step-up x 6- 8 (each leg)

1b Birds

Rest 30 seconds. Repeat 2 times for a total of 3 supersets.

2a Split Squat x6-8 (each leg)

2b Reverse Pushups x 6-8

Rest 30 seconds. Repeat 2 times for total of 3 supersets.

3a Mountain Climbers x20-30 seconds

3b Reverse Crunches x 8-10

Rest 45 seconds. Repeat 2 more times for total of 3 supersets.

Workout 3

Warm-up Jumping jacks x15, squats x 6, bird dogs x 4 (each side)

1a Squat x10-12

1b Close-Grip Pushups (kneeling or regular) x8-10

Rest 30 seconds. Repeat 2 times for 3 total supersets.

2a Glute Bridges x12-15

2b Planks 20-30 seconds

Rest 30 seconds. Repeat 2 times for 3 total supersets.

3a Hand Walk-outs x 5

3b Side Planks 5 seconds each side

Rest 30 seconds. Repeat 2 times for 3 total supersets.

Interval Workouts

2 Days per week you will complete interval workouts. These can be done on the opposite days of your workouts or right after your workouts.

Always start your interval workouts with a warmup.

If you are doing the interval workout on a day by itself you will do 5 minutes of warm-up with the cardio you have chosen. (bike, stairs, treadmill, walk/run, bodyweight intervals) If you are doing the interval workout right after the bodyweight exercises you will only do 3 minutes warmup pace.

Interval Workouts Week 1

Start with 5 minutes at intensity level of 4 out of 10. This would be a nice walking pace.

-30 seconds at intensity level 7 out of 10. A good running pace but not sprint and not jog.

-1 minute walk at intensity level 3 out of 10.

--Repeat The 30 second run and 1 minute walk for another 5 rounds for a total of 6 rounds.

After the final 30 second run you will walk for a cool down. This is for 5 minutes at an intensity level of 3 out of 10.

If you choose to do bodyweight interval workouts you will need a stopwatch or an app on your phone to monitor the time.

You will do this same interval workout twice in week 1.

Week 2 Workouts

The workouts for week 2 will be the same as week 1 except you will add reps or time to each exercise. For squats/pushups etc. you will add 2 reps more than you did the previous workout. For timed exercises like planks, mountain climbers you will add 5 seconds to the total duration.

The interval workouts will be harder. Here is the week 2 interval workout to be done on any piece of cardio equipment or outside on bike or running, stairs or with calisthenics (jumping jacks, running in place)

Interval Workouts Week 2

Warmup 5 minutes at a level of 4 out of 10. A good walking pace.

-30 seconds at 7 out of 10 intensity level.

-Walk for 45 seconds at 4 out of 10 intensity level.

Repeat the high intensity and walk intervals for 6 more rounds for a total of 7 rounds.

Perform a cool down for 5 minutes. Walk at a 3 out of 10 intensity level.

Perform this same interval workout twice during week 2.

Week 3 Workouts

For week 3 the workouts will be the same order of exercises but we will be doing an extra set of each superset. Instead of 3 total supersets for each pair, you will do 4 for every superset. The reps will stay the same and the rest periods will also stay the same. If you feel strong in the last set then go for more reps and/or more time.

Week 3 Interval Workouts

Start with 5 minutes warm-up at a level 4 out of 10 intensity. (good walking pace)

-30 seconds 7 out of 10 intensity level. (run)

-30 seconds 3 out of 10 intensity level. (walk)

Repeat these intervals another 7 times for a total of 8 rounds of intervals.

Cool down for 5 minutes walking at a 3 out of 10 intensity level.

(stretch any tight muscles if necessary)

That's it for the workouts and the interval training. The days you aren't performing the workouts/intervals you will walk a minimum 20 minutes. More is encouraged.

Walk at any time of the day. If you can't find the time after work then get up 20 minutes earlier and walk outside for 20 minutes. Walking and water are not sexy but they are important.

Walking is good for your joints, your heart, lungs, organs, mind, reducing stress and doing it often will build a new healthy habit which is a huge part of this 21 day challenge.

Now on to the nutrition side of the challenge.

For 21 days (hopefully even longer) you will be eating to fuel your body and mind. The food you put in your body will serve a purpose. It's best to focus on what you CAN have and not even worry about what you can't have.

Most Important Elements of the Nutrition Plan

Protein- Eggs, chicken, pork, red meat, cottage cheese, beans, seafood (any kind), protein powder

Vegetables- all kinds. Mix and match. Eat what you like, try some new ones. Make it a point to have at least 3 servings of vegetables per day. They can be steamed, baked, grilled, raw, in huge salads, in smoothies. Eat as many veggies as you want. No need to measure or count servings.

Fruit- all kinds. These will be your main source of carbs for the 21 day challenge. Enjoy whatever fruits you want. Don't worry about portion sizes.

Snacks- Raw nuts- any kind you like (not roasted in oils), plain popcorn with no added butter or oils, fruits, veggies, cottage cheese

Beverages- Water, green tea, black coffee (small amount of cream is ok, no sugar)

Try to drink half your bodyweight in ounce of water per day. If you are not used to drinking this much water you will feel like it's a lot. Your body will thank you.

Condiments- hot sauce is fine. Extra virgin olive oil to drizzle over salads, all vinegars are fine, mustard is ok, no mayo or miracle whip and stay away from dressings, marinades with extra sugars and artificial ingredients added. Make your own dressing or marinade, it's safer as you control the ingredients.

With this nutrition plan you might feel hungrier than normal for the first few days. This will pass. Just make sure when you eat to have plenty of protein and as much veggies and fruit as you want. Eat the protein and veggies first and the fruit last.

You won't need to count calories or track macros if you stick to this plan as outlined. You will give your body the essential amino acids it needs from protein, the essential fatty acids from eggs, nuts, olive oil, meats, seafood, fiber from fruits and veggies.

Eating Tips

- Cook in bulk/use crockpot. Try to cook as much as you can ahead of time. Instead of 1 burger or 1 chicken breast, grill up 4 or 5. Cut them up into portions and put in containers in the fridge for the week. (Sunday and Monday is ideal for this)
- Eat until satisfied but not stuffed. Don't let yourself get TOO hungry.
- Eat 3 Main Meals and 1-2 snacks per day. You can get by with 2 bigger meals each day and 2 snacks also. Try to space them out as evenly as you can. Some hunger is normal. Feeling starved is not.

Recipe Ideas

- Grilled Pork Tenderloin, Sauteed Green Beans and Grapes.

- Omelet with whole eggs, peppers, onions, feta cheese, blueberries.
- Lean burgers grilled and put on top of salad greens, side of watermelon and pineapple.
- Leftover Rotisserie Chicken, sliced bell peppers (all colors), apple or pear
- Pan-fried Salmon with asparagus spears and an orange.

If you stick to the plan and do the workouts as outlined you will drop pounds from your waist and abdomen. I've seen people lose anywhere from 5-15 pounds with this program.

NEAT

Non-exercise-activity-thermogenesis(NEAT) is basically all the movement you do each day that isn't considered exercise. Fidgeting, walking around the house or office etc.. this is one more way to get your body to burn more calories each day (by moving more)

When you go to the store, park far away. Take the stairs whenever possible. Get up from your chair as often as you can while at work. Squat a few times to your chair. Get up to get water from the break room, walk to the bathroom more often. It all adds up.

This is where the popularity of the activity trackers comes from. Measuring how many steps per day. 10,000 steps is a number that gets thrown around but don't worry about specific numbers. Just move more!

The goal of the 21 Day Ignite Fitness Challenge is to get you moving in the right direction. To kickstart healthy habits that will last. They need to be practiced daily. Once you become more disciplined with these habits they will come easier.

21 days is just the right amount of time to build these healthy habits. It's a great start! Of course, you will need to keep at it to maintain these habits for life but we all have to start somewhere.

Make sure to check in to the private facebook group I created for you daily. Even if you just walk that day, you can update the group really quick. This is for accountability. I want you to succeed. Having others in the group who are embracing this same challenge is great support, and I will be there with you every

step of the way.

When the challenge ends, I hope you are excited about the changes you've made. The progress you've seen in the mirror, and how you feel.

I will give you some options to keep the momentum going. Another longer challenge (6 weeks) and a few other programs I have been working on.

Health and fitness is for life, and it's my goal to help you find a way to enjoy your personal journey and make continual progress along the way.

**21 Day Ignite Fitness Program- Strength Essentials –
Jim White 2017**

www.strengthessentials716.com