

7 DAY VEGAN CHALLENGE

WORKOUT PLAN

6 exercises every day | 3 circuits = 18 minutes

WARM UP: | 15 minutes of movement or stretching

DAY 1

45 seconds
JUMPING JACKS
15 seconds break

45 seconds
SIT-UPS
15 seconds break

45 seconds
PUSH-UPS
15 seconds break

45 seconds
CALF RAISES
15 seconds break

45 seconds
HIP EXTENSION
15 seconds break

45 seconds
PLANK
15 seconds break

DAY 2

45 seconds
MOUNTAIN CLIMBERS
15 seconds break

45 seconds
ON POINT PUNCHES
15 seconds break

45 seconds
HYPER-EXTENSIONS
15 seconds break

45 seconds
SQUAT JUMPS
15 seconds break

45 seconds
DOWNWARD-DOG TO PUSH-UPS
15 seconds break

45 seconds
CRUNCHES
15 seconds break

DAY 3

45 seconds
HIGH KNEES
15 seconds break

45 seconds
SCISSOR KICKS
15 seconds break

45 seconds
SUPERMAN PLANK
15 seconds break

45 seconds
LUNGES
15 seconds break

45 seconds
CRUNCHES
15 seconds break

45 seconds
PUSH-UPS
15 seconds break

DAY 4

45 seconds
JUMPING JACKS TO FRONT
15 seconds break

45 seconds
RUSSIAN TWISTS
15 seconds break

45 seconds
SIT-UPS
15 seconds break

45 seconds
SKATER JUMPS
15 seconds break

45 seconds
HIP THRUSTS
15 seconds break

45 seconds
PLANK
15 seconds break

DAY 5

45 seconds
JUMPING JACKS
15 seconds break

45 seconds
MOUNTAIN CLIMBERS
15 seconds break

45 seconds
HYPER-EXTENSIONS
15 seconds break

45 seconds
SQUAT JUMPS
15 seconds break

45 seconds
DOWNWARD-DOG TO PUSH-UPS
15 seconds break

45 seconds
LEG RAISES
15 seconds break

DAY 6

45 seconds
ON POINT PUNCHES
15 seconds break

45 seconds
HIP EXTENSION
15 seconds break

45 seconds
SUPERMAN PLANK
15 seconds break

45 seconds
LUNGES
15 seconds break

45 seconds
SIT-UPS
15 seconds break

45 seconds
PUSH-UPS
15 seconds break

DAY 7

45 seconds
HIGH KNEES
15 seconds break

45 seconds
CALF RAISES
15 seconds break

45 seconds
CRUNCHES
15 seconds break

45 seconds
MOUNTAIN CLIMBERS
15 seconds break

45 seconds
PLANK
15 seconds break

45 seconds
SCISSOR KICKS
15 seconds break