

S.E.K FITNESS

# Stronger in 20

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7 days of 20-minute bodyweight workouts you can do anywhere!

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S.E.K Fitness  
Stronger in 20

# PROGRAM OVERVIEW

This 7-day program is perfect for beginners who are looking to start a fitness routine at home - no equipment needed! All you need is your own body, 20 minutes, and the dedication to get it done. Let's get started!



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*CPT & Coach*



## Warm Ups

Each workout begins with a quick 3-5 minute warm up to get your muscles fired up & ready to work. Please do **\*NOT\*** skip the warm ups - they're essential for proper workout performance & helping to prevent injury!



## Rest Days

Even quick workouts require rest & recovery. However, just because you're resting doesn't mean you shouldn't stay focused on your goals. I encourage you to hone in on other healthy habits, like: drinking water, eating nutritious food with plenty of protein, stretching, etc. - your body will thank you later!

## Things to Keep in Mind

Think of this as the **\*start\*** to your journey, not just a quick fix. Miss a workout? Don't worry, just get right back at it the next day. Don't eat the greatest? Work on doing better tomorrow. Focus on the progress you **\*are\*** making, not on doing everything perfectly. Building consistency is where it's at. You've got this - just keep going & don't give up!



# DAY 1

## Let's HIIT It

Welcome to the program! So happy you're here. We're going to kick off this week with some fast and fun HIIT cardio. Let's do it!

### Warm Up

1 set of 8 reps each (per side, where applicable)

1. Spider Stretch w/Rotation
2. Cat/Cow
3. Band Dislocators (\*you can use a towel instead if you don't have a band!)
4. Burpees

P.S.: You can click on any exercise in the program for a quick video demonstration :)

### Main Workout

Complete the exercises below back-to-back as a circuit. Perform each exercise at **maximum intensity for 30 seconds**. **Rest for 30 seconds between exercises** and **repeat 3 times** for a total of **4 rounds**. You got this!

P.S.: If a modification is available, it will be noted with a \* next to the exercise.

1. Jumping Jacks (\*or low-impact version; shown in the video)
2. Bicycle Crunches
3. Speed Skaters
4. Mountain Climbers (\*or on an incline; shown here)

### Cool Down

✓ And just like that, day one is DONE 🙌 Amazing job! Give yourself a few minutes to cool down and stretch. See you back here tomorrow for day two.

# DAY 2

## Let's Get Strong Legs

Time for some strength training! Today we'll be focusing on strengthening lower body, but don't worry - we'll train upper body next time. 😊

### Warm Up

1 set of 8 reps each (per side, where applicable)

1. Hip Circles
2. Bird Dogs
3. Reach-the-Wall Hinge
4. Bodyweight Walking Lunges

### Main Workout

Complete the exercises below back-to-back as a circuit, **with as little rest as possible between exercises. Rest for 60 seconds after each round and repeat 3 times** for a total of **4 rounds**. Let's go!

1. 10 Bodyweight Squats
2. 10 Reverse Lunges with Knee Drive (per side; \*stand next to a wall if you need to for balance)
3. 15 Glute Bridges
4. 30 Side-Lying Hip Abductions (15 per side)

### Cool Down

✅ That's it! Awesome work! Take some time to stretch and cool down, you deserve it. I'll meet you back here tomorrow for day three!



# DAY 3

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## Let's Recover

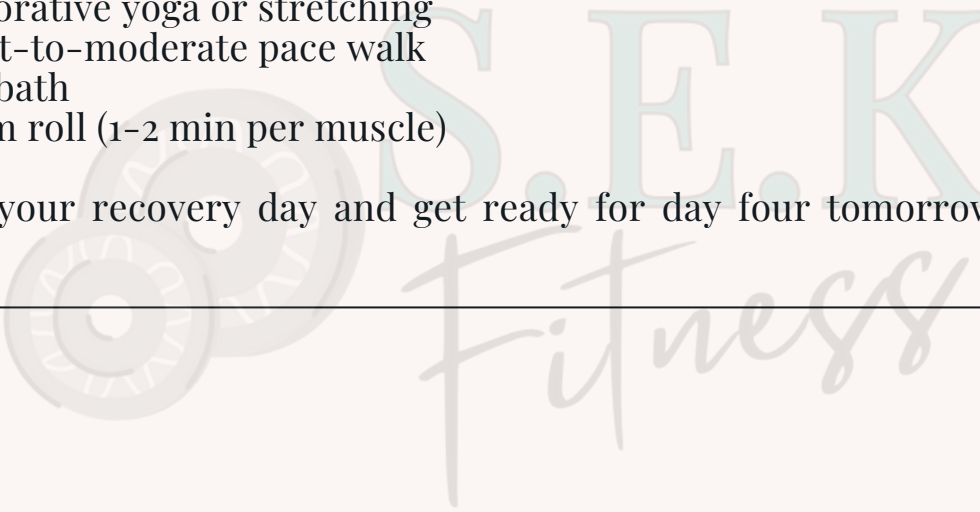
Welcome to your first recovery day! Today's all about giving your body the break it deserves, while also helping it recover from your workouts. 😊

### Recovery

Try choosing one of the activities below to help your body recover and repair from your workouts. Whichever you choose, aim for 10-20 minutes.

1. Restorative yoga or stretching
2. Light-to-moderate pace walk
3. Hot bath
4. Foam roll (1-2 min per muscle)

Enjoy your recovery day and get ready for day four tomorrow! See you then!



# DAY 4

## Let's Get Strong Arms

On day two, we worked on strengthening our lower body and now it's time to do the same for our upper body! 💪

### Warm Up

1 set of 8 reps each (per side, where applicable)

1. Thoracic Extension/Rotation
2. Dead Bugs
3. Prone Lat Pull
4. Plank Walkouts

### Main Workout

Complete the exercises below back-to-back as a circuit, **with as little rest as possible between exercises. Rest for 60 seconds after each round and repeat 3 times** for a total of **4 rounds**. Let's do this!

1. 10 Incline Push-Ups
2. 15 Superman Lat Pulls
3. 15 Tricep Dips
4. 30-Second Forearm Plank

### Cool Down

✅ Workout complete! Fantastic job. Don't forget to stretch and cool down! See you tomorrow.

# DAY 5

## HIIT Me One More Time

Time for another burst of high-intensity cardio. Let's do this!

### Warm Up

1 set of 8 reps each (per side, where applicable)

1. Spider Stretch w/Rotation
2. Cat/Cow
3. Band Dislocators (\*use a towel instead if you don't have a band)
4. Burpees

### Main Workout

For this workout, we're going to be performing a specific style of HIIT training called Tabata. If you aren't familiar, traditional Tabata consists of **8 rounds of 20 seconds of work at maximum effort, followed by 10 seconds of rest.**

For this workout, we'll be performing the 2 exercises below back-to-back for **8 rounds total**, following the **same work-to-rest ratio stated above.** Here's how it'll go:

1. Jump Squats
2. Alternating Punches

Remember to perform each exercise at *maximum effort* - make it count!

### Cool Down

✓ Well done, that was a tough one! Give yourself a breather with a quick cool down stretch. It's well deserved. 😊

# DAY 6

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## Let's Rest

Only 1 more day left in this challenge, can you believe it?! I hope you've loved it so far and are feeling good about the changes you're making.

### **Rest**

There may not be a workout today but like I mentioned before, you can still focus on other healthy habits. Be more mindful of your steps today, drink an extra glass of water, or try eating an extra serving of fruits and/or veggies. Every little thing counts and gets you closer to where you want to be!

I do encourage you to take a few minutes for a leisurely walk or some light stretching today as part of your recovery. You'll feel so much better if you do.

Okay - I'll see you tomorrow for our final day of the challenge! 🙌🙌



# DAY 7

## Let's Finish Stronger

We're rounding out this program with a fast and fun full body strength + cardio fusion workout. Let's finish this week stronger than we started!

### Warm Up

1 set of 8 reps each (per side, where applicable)

1. Thoracic Extension/Rotation
2. Hip Circles
3. Dead Bugs
4. Bodyweight Squats

### Main Workout

Here we go: our last workout of the week! Let's give it our all.

Complete the exercises below back-to-back as a circuit, **with as little rest as possible between exercises**. **Rest for 60 seconds after each round and repeat 3 times** for a total of **4 rounds**.

1. 12 Froggers
2. 20 Plank Shoulder Taps
3. 10 Curtsy Lunges with Side Leg Lift (per side)
4. 10 Prone I-Y-T Raises (2 I + 2 Y + 2 T = 1 rep)

### Cool Down

✔ That's a wrap - CONGRATULATIONS! Take some time to stretch and reflect on the week. I hope you feel proud for taking this step toward a happier, healthier, and stronger you. I'll leave you with this reminder: a flower doesn't bloom the same day you plant the seed. It takes time, effort, and diligent watering to see growth. Treat your health & fitness journey the same way. It may take a little time, but once you start feeling & seeing the changes, you'll realize it's worth it. So keep going - you got this!