

ClickFit

2 WEEK

Bodyweight Burnout



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movement

PLAN OVERVIEW

Embark on a transformative 2 week journey designed to enhance your fitness, sculpt your physique, and boost your overall health, all without the need for equipment. This program is tailored for individuals of all body types and fitness levels, offering a flexible approach to achieving your goals.

ADDED SUGGESTIONS:



TRACK YOUR STEPS

Aim for a minimum of 12-15k steps daily, in addition to the exercises outlined in the plan.



DAILY WATER INTAKE

Ensure a minimum intake of 2-3 litres of water per day.



MONITOR YOUR PROGRESS

Record your weight, total body fat %, and body measurements before starting the plan.

Re-measure at the end to track your progress.

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WEEK 2

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WEEK 1

DAY 1

WARM UP:

DAILY WARM UP BEFORE EACH SET



Walk: 5KMs
Run: 3KMs

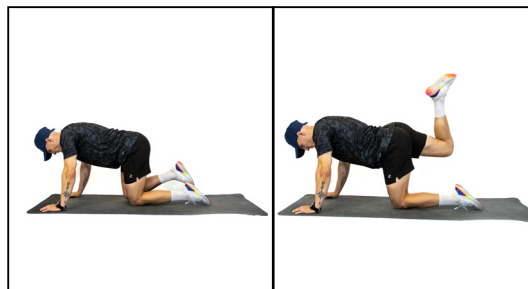
30 seconds work | 15 seconds rest | 5 sets



1

Skater Jumps

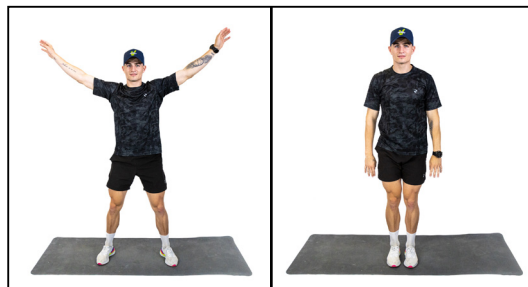
- Pace yourself.
- Keep your form steady and controlled.
- Your right hand touches your left foot and vice versa.



2

Right Leg Donkey Kick Back

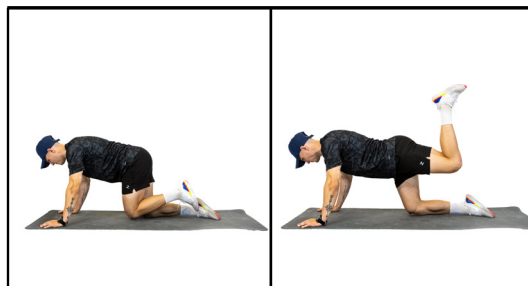
- Extend your leg backwards and hold for 3 seconds at the top, then return to the starting position.



3

Jumping Jacks

- Keep your pace at a high intensity.
- Ensure your arms go outwards when your legs do, and vice versa.



4

Left Leg Donkey Kick Back

- Extend your leg backwards and hold for 3 seconds at the top, then return to the starting position.

DAY 2

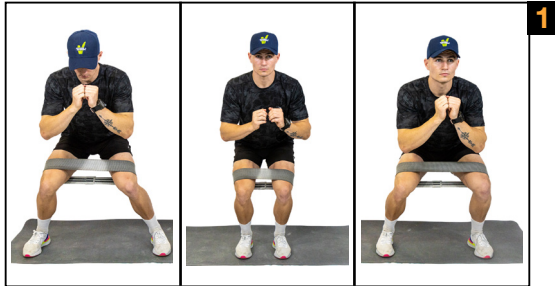
WARM UP:

DAILY WARM UP BEFORE EACH SET



Walk: 5KMs
Run: 3KMs

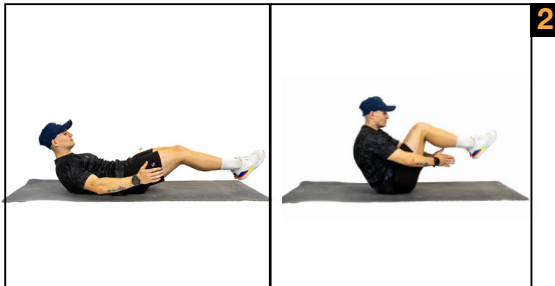
30 seconds work | 15 seconds rest | 5 sets



1

Monster Walks

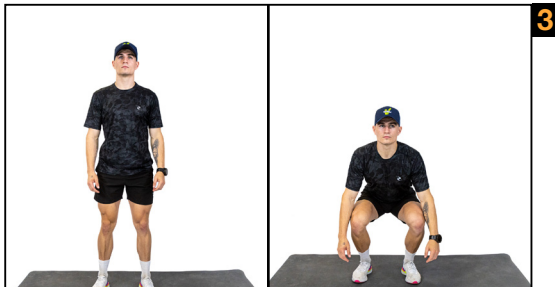
- For those who own a resistance band, make use of it.
- Have the band just above your knees.
- Try to keep your back as straight as possible.
- Step approximately half a metre sideways.



2

Clap Crunch

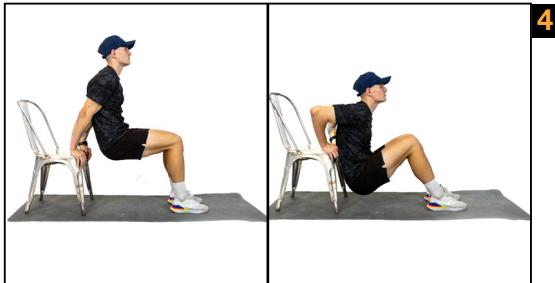
- Keep your shoulders slightly lifted off the ground.
- Ensure your core is tight and engaged.
- Reach your hands around your leg to clap (we want to hear that clap!).



3

Full Body Squat

- Make sure your feet are shoulder width apart.
- Squat until your knees are bent to a 90-degree angle.
- Keep your back straight.



4

Tricep Dips

- Bend your elbows between 45–90 degrees.

DAY 3

CARDIO DAY

OPTION A

Walk/Run 5 km



OPTION B

Skipping rope

1 minute x10 sets (30s rest between)



WEEK 2

DAY 1

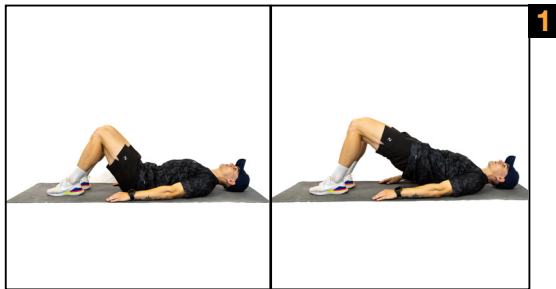
WARM UP:

DAILY WARM UP BEFORE EACH SET



Walk: 5KMs
Run: 3KMs

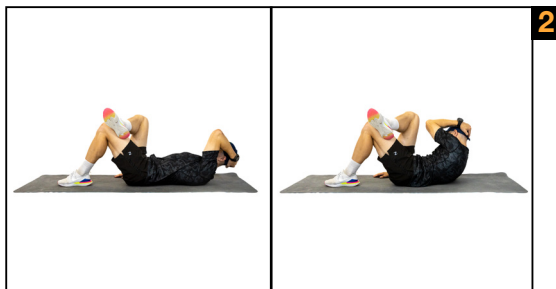
30 seconds work | 15 seconds rest | 5 sets



1

Glute Bridge

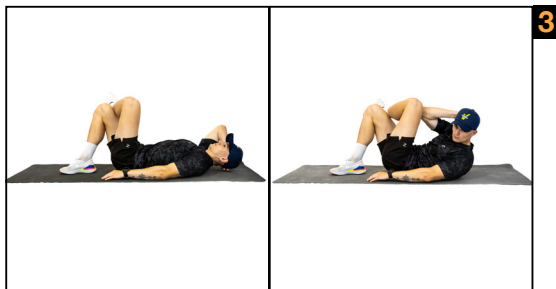
- Lift your hips off the ground until your knees, hips, and shoulders form a straight line.
- Hold your position for 3 seconds and squeeze your glute muscles as much as you can.



2

Left Ab Cross-Crunch

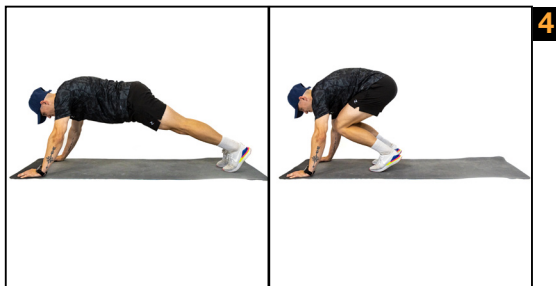
- Keep your core tight and engaged.
- Ensure that your left elbow touches your right knee.



3

Right Ab Cross-Crunch

- Keep your core tight and engaged.
- Ensure that your right elbow touches your left knee.



4

Half Burpee

- Place your hands shoulder width apart.
- Pace yourself and keep your form steady and controlled.
- Try to get your knees to touch your elbows.

DAY 2

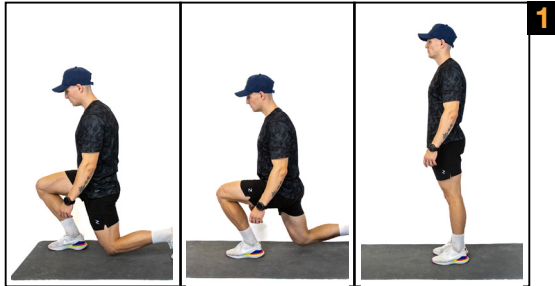
WARM UP:

DAILY WARM UP BEFORE EACH SET



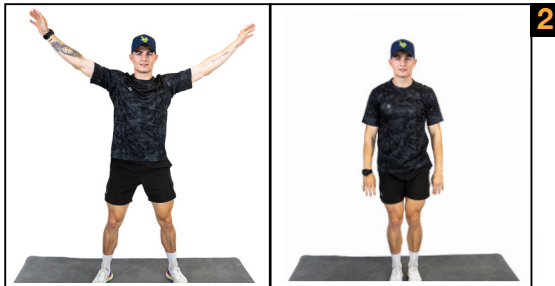
Walk: 5KMs
Run: 3KMs

30 seconds work | 15 seconds rest | 5 sets



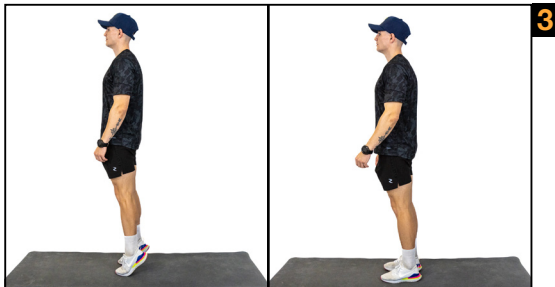
Forward to Reverse

- Place your feet hip-width apart.
- Step forward with your right foot into a forward lunge, with both knees bent so that your front thigh is parallel to the floor and the back knee is about 5 cm from the ground.



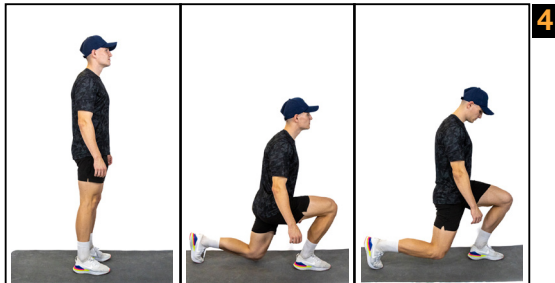
Jumping Lunges (Alternating)

- Pace yourself.
- Keep your form steady and controlled.
- Alternate between each leg.



Standing Calf Raises

- Push through the ball of your foot then raise your heel until you are standing on your toes.
- Keep your movement slow and controlled.



Forward to Reverse Lunges (Left)

- Place your feet hip-width apart.
- Step forward with your left foot into a forward lunge, with both knees bent so that your front thigh is parallel to the floor and the back knee is about 5 cm from the ground.
- Push off your front foot, hover your foot as you stand straight up, and immediately step back into a reverse lunge.

DAY 3

CARDIO DAY

OPTION A

Walk/Run 5 km



OPTION B

Skipping rope

1 minute x10 sets (30s rest between)





WELL DONE
YOU DID IT!

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