

ClickFit

2 WEEK

Core & Cardio Challenge

Powered by

#Medshield
movement



PLAN OVERVIEW

Strengthen your core and sculpt your abs with this dynamic 2-in-1 Ab and cardio workout plan. Get ready to feel stronger, leaner, and more energized

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.

Contents

1 WEEK

Day 1	6
Day 2	7
Day 3	8
Day 4	9
Day 5	10

2 WEEK

Day 1	12
Day 2	13
Day 3	14
Day 4	15
Day 5	16



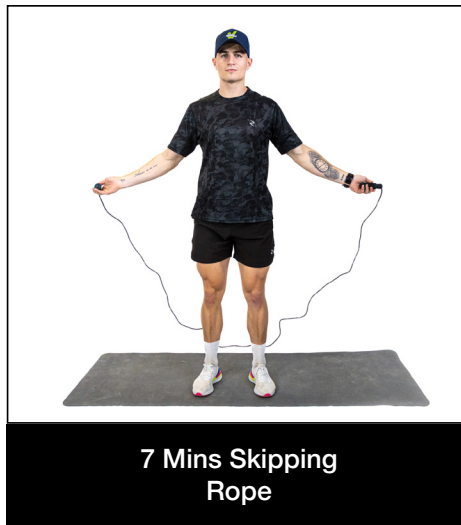
WEEK

1

WARM UP

Choose 1 of the following exercises to do as your warm up each day before your main Set.

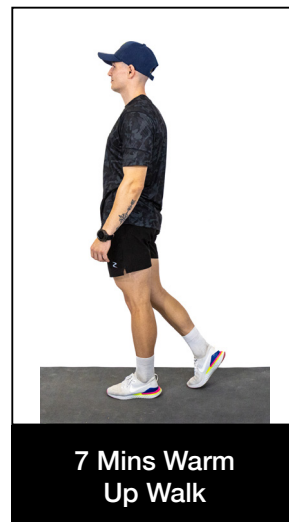
OPTION A



OPTION B



OPTION C



DAY 1

WARM UP:

DAILY WARM UP BEFORE EACH SET

CORE FOUNDATION

Intervals of: 30 sec work / 15 sec rest
Total Rounds: Repeat all exercises 3 times



1

Left Side Plank

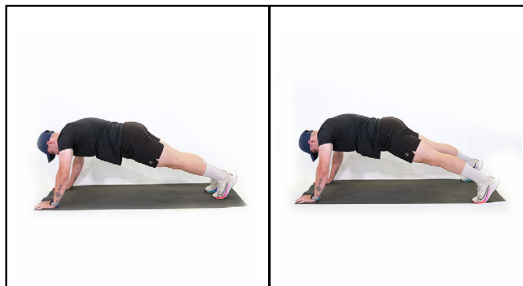
- Keep feet stacked, elbow under shoulder, hips up.



2

Right Side Plank

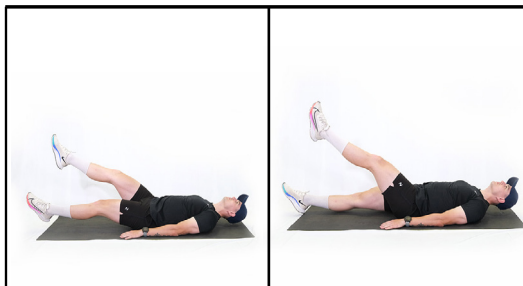
- Same as above; control your core for symmetry.



3

Plank Jacks

- Feet jump in/out while holding a strong plank.



4

Flutter Kicks

- Straight legs, toes pointed, lower back flat.

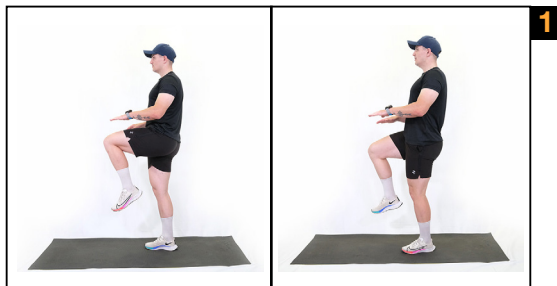
DAY 2

WARM UP:

DAILY WARM UP BEFORE EACH SET

STANDING CORE & CARDIO

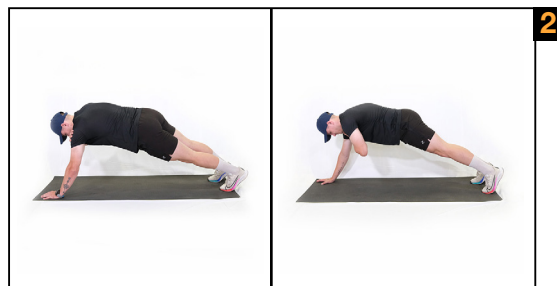
Intervals of: 30 sec work / 15 sec rest
Total Rounds: Repeat all exercises 3 times



1

High Knees

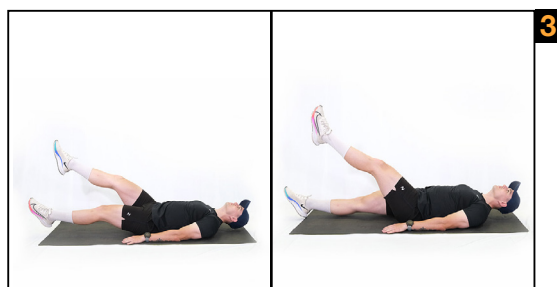
- Drive knees up, land softly, pump arms



2

Shoulder Taps

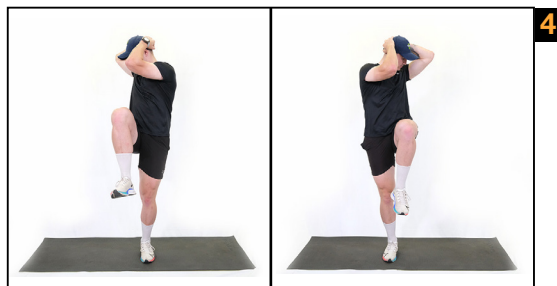
- Plank position, tap opposite shoulders without rocking



3

Flutter Kicks

- Head/shoulders off the ground; fast & controlled



4

Standing Cross Crunches

- Twist torso; knee to opposite elbow.

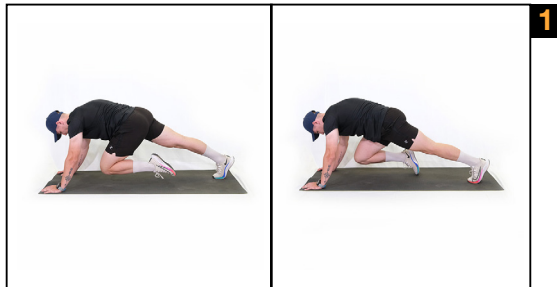
DAY 3

WARM UP:

DAILY WARM UP BEFORE EACH SET

FULL BODY BURNER

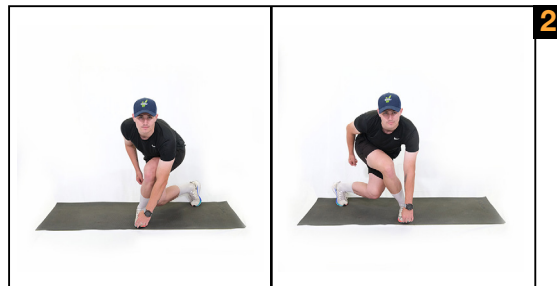
Intervals of: 30 sec work / 15 sec rest
Total Rounds: Repeat all exercises 3 times



1

Mountain Climbers

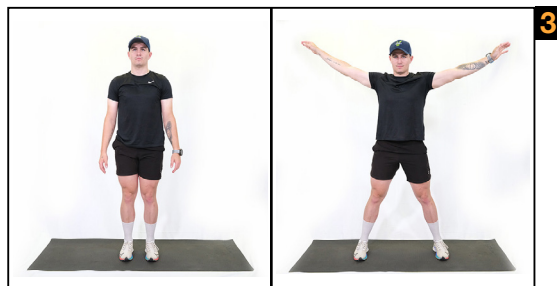
- Knees to chest, hips low, back flat.



2

Skater Jumps (Touch Toes)

- Explosive side-to-side jumps, touch opposite foot.



3

Jumping Jacks

- High intensity; maintain pace and rhythm.



4

Forearm Plank

- Tight core, straight line head to heels.

DAY 4

CARDIO CHOICE

OPTION A

3 KM Run

Steady pace, track time for progress.



OPTION B

5 KM Walk

Brisk pace, swing arms for extra burn.



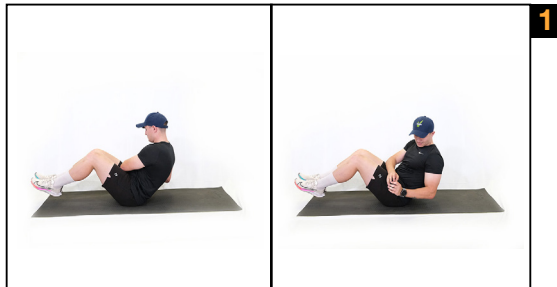
DAY 5

WARM UP:

DAILY WARM UP BEFORE EACH SET

CORE SCULPT

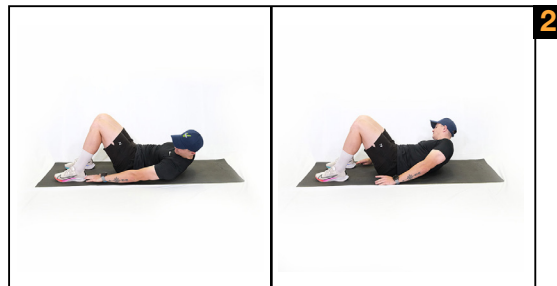
Intervals of: 30 sec work / 15 sec rest
Total Rounds: Repeat all exercises 3 times



1

Russian Twist

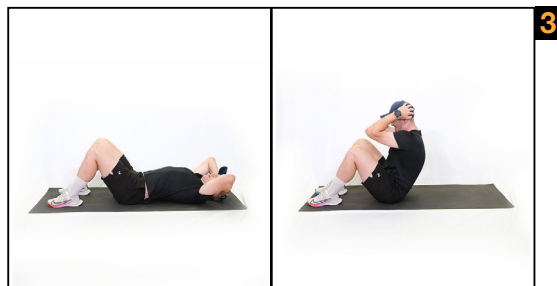
- Feet off ground, twist from torso.



2

AB Heel Taps

- Shoulder blades off floor, tap heels side-to-side.



3

Full Sit-Up

- Feet flat, don't jerk—use core only.



4

Full Burpee

- Jump down, push-up, jump up. High intensity!

WEEK 2

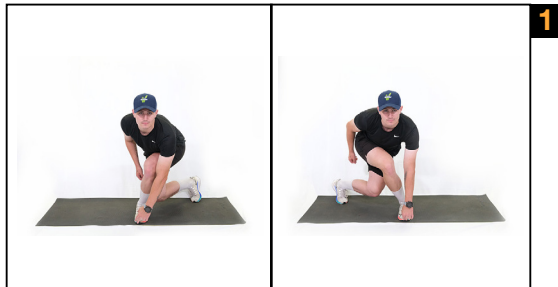
DAY 1

WARM UP:

DAILY WARM UP BEFORE EACH SET

COMBO CORE & CARDIO

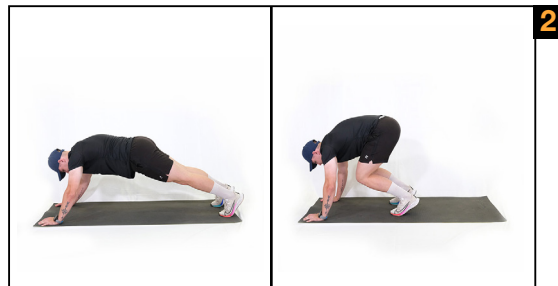
Intervals of: 30 sec work / 15 sec rest
Total Rounds: Repeat all exercises 3 times



1

Skater Jumps (Touch Toes)

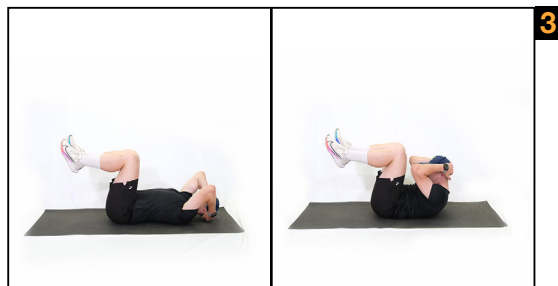
- Fast and wide; land with balance.



2

Half Burpee

- No push-up, fast jump in/out.



3

Bent Knee AB Crunch

- Elbows to knees; slow and focused.



4

Forearm Plank

- Hold steady; engage glutes and abs.

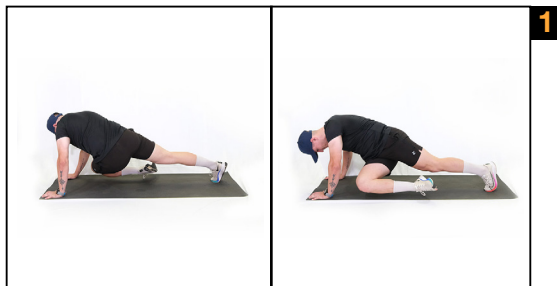
DAY 2

WARM UP:

DAILY WARM UP BEFORE EACH SET

CORE TWISTS & CONTROL

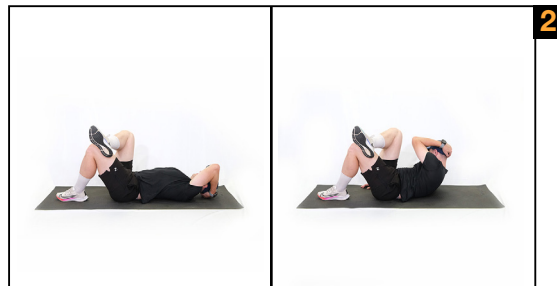
Intervals of: 30 sec work / 15 sec rest
Total Rounds: Repeat all exercises 3 times



1

Cross Body Mountain Climbers

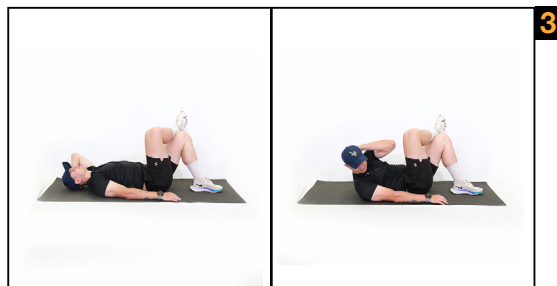
- Knee to opposite elbow, control the twist.



2

Left Ab Cross Crunch

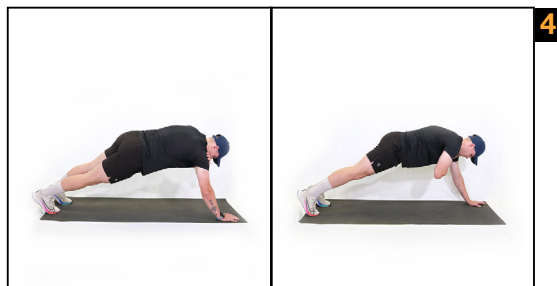
- Elbow to right knee; core engaged.



3

Right Ab Cross Crunch

- Elbow to left knee; same focus.



4

Shoulder Taps

- Back flat, no rocking.

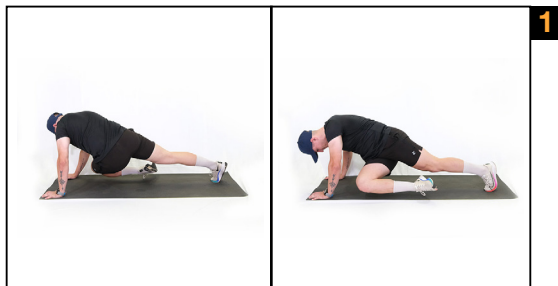
DAY 3

WARM UP:

DAILY WARM UP BEFORE EACH SET

CORE FLOW + BURN

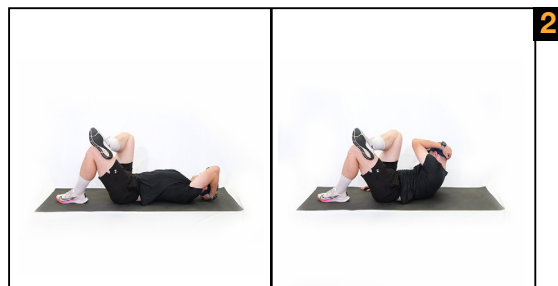
Intervals of: 30 sec work / 15 sec rest
Total Rounds: Repeat all exercises 3 times



1

Russian Twist

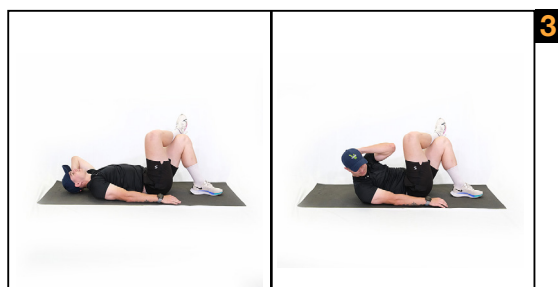
- Squeeze your sides on each twist.



2

Frog Sit-Up

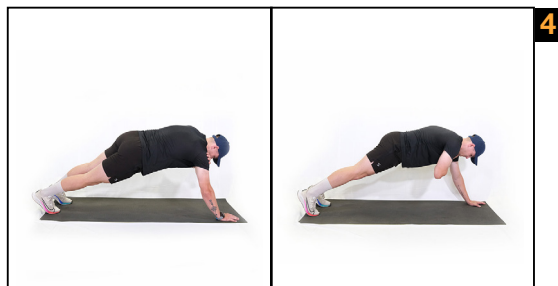
- Feet together, knees open, crunch upward.



3

Run on the Spot

- High knees, fast pace for 30 sec



4

Clap Crunch

- Clap under knees, tight core, no neck strain.

DAY 4

CARDIO CHOICE

OPTION A

3 KM Run

Improve time or run longer.



OPTION B

5 KM Walk

Try a hilly route for challenge.



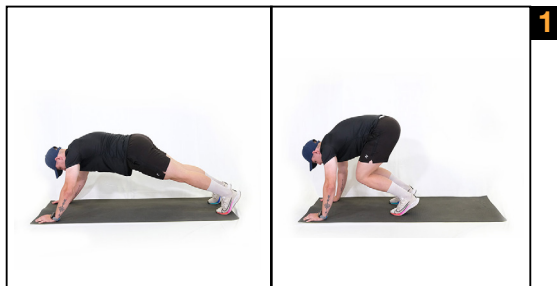
DAY 5

WARM UP:

DAILY WARM UP BEFORE EACH SET

SHRED FINALE

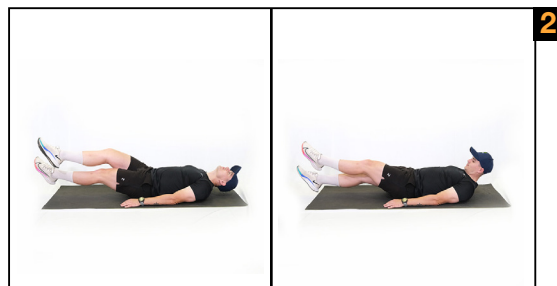
Intervals of: 30 sec work / 15 sec rest
Total Rounds: Repeat all exercises 3 times



1

Half Burpee

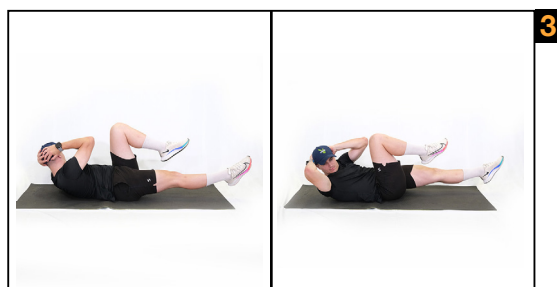
- Drive forward fast, back straight.



2

AB Scissors

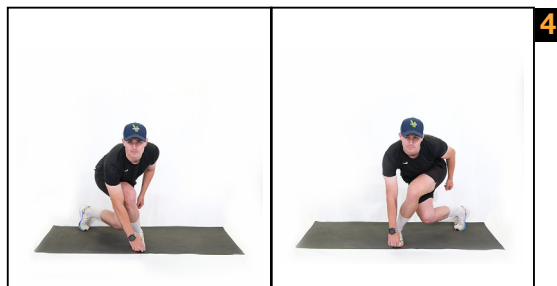
- Legs crisscross at 15cm height, core tight.



3

Bicycle Crunch

- Opposite elbow to knee, twist fully.



4

Skater Jumps (Touch Toes)

- End strong! Control + intensity.



WELL DONE
YOU DID IT!

Powered by
#Medshield
movement

ClickFit
www.clickfit.co.za