

ClickFit

2 WEEK

Bodyweight
Challenge



Powered by

#Medshield
movement

Welcome

This 2-week bodyweight challenge is designed to build strength, improve endurance, and enhance core stability with no equipment required. You'll cycle through lower body, upper body, core, and full-body HIIT workouts while keeping things fun and challenging.

ADDED SUGGESTIONS:



TRACK YOUR STEPS

Aim for 10K - 12K steps a day using a step tracker.



DAILY WATER INTAKE

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



CHALLENGE YOURSELF

Advanced athletes can add dumbbells or resistance bands.



MONITOR YOUR PROGRESS

Record your weight, total body fat percentage, and body measurements before starting this plan. At the end of the two weeks, take these measurements again to track your progress.

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WEEK 2

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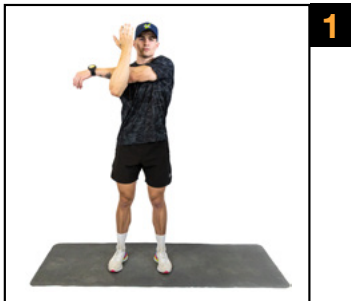
WARM UP

The same warm up is required to be done on each of the 2 weeks.

Stretches are to be done in sets of 3 for 15 seconds per set.

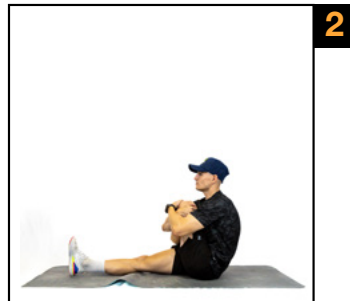


Walk/Run 5 mins



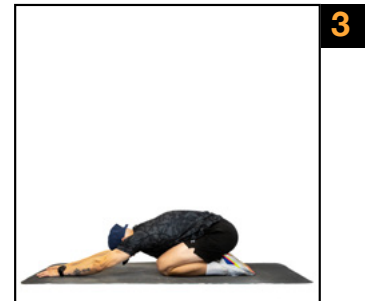
1

Arm Crossover Stretch
- 15 seconds per arm x 3 sets
- Relax shoulders, pull one arm across chest, hold straight arm just above elbow.



2

Glute Stretch
- 15 seconds per leg x 3 sets
- Hug knee to chest, adjust leg until glute pulls, hold.



3

Child's Pose
- 15 seconds x 3 sets
- Touch big toes together, sit on heels, stretch arms out.

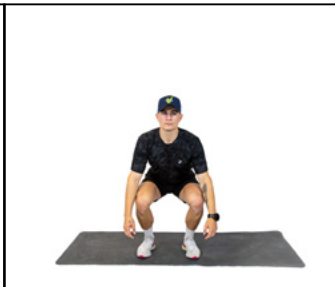
WEEK 1

DAY 1

WARM UP:

Full-Body Strength & Cardio

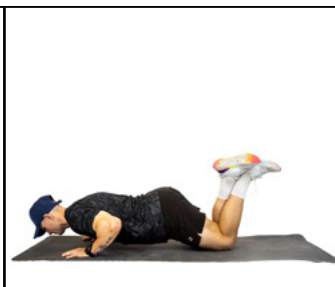
Warm-Up: Jump Rope (2 min) + High Knees (1 min) + Butt Kicks (1 min)



1

Full Body Squat

- 3 sets x 12 reps
- Keep your chest up and knees aligned with toes



2

Assisted Push-Up

- 3 sets x 10 reps
- Maintain a straight line from head to heels



3

Bicycle Crunch

- 3 sets x 20 reps
- Engage your core, avoid pulling your neck



4

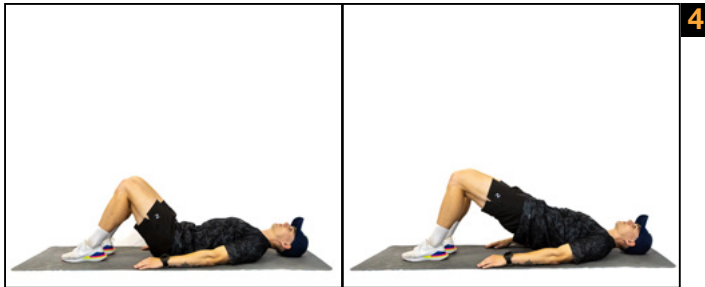
Jumping Jacks

- 3 sets x 30 seconds
- Land softly to reduce joint impact

DAY 1

WARM UP:

Full-Body Strength & Cardio



4

Glute Bridge

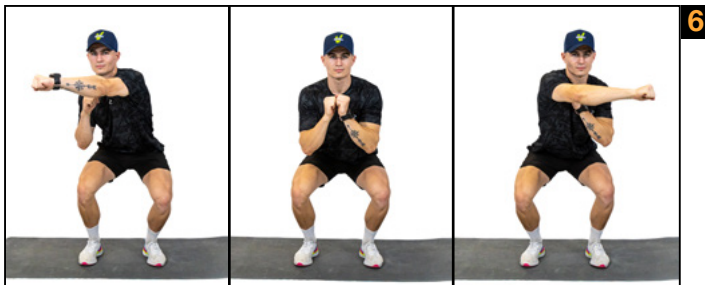
- 3 sets x 12 reps
- Squeeze glutes at the top for maximum engagement



5

Forearm Plank

- 30-second hold x 3
- Keep your hips level and core tight)



6

Static Squat Hold + Punches

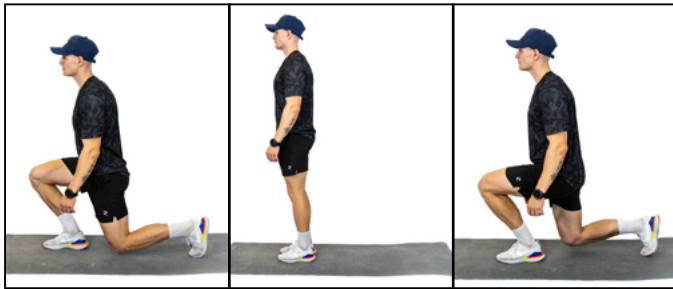
- 3 sets x 20 punches
- Keep thighs parallel to the ground

DAY 2

WARM UP:

Lower Body Focus

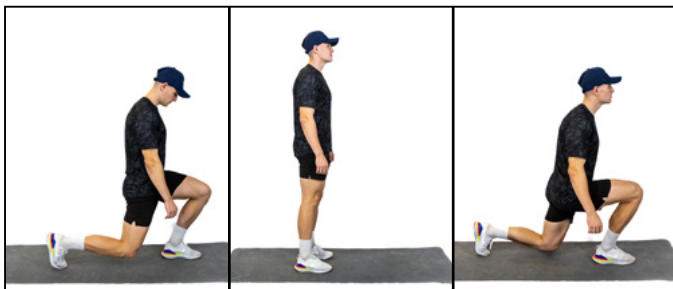
Warm-Up: Walk (5 min) + Monster Walks (1 min)



1

Alternating Back Lunges

- 3 sets x 10 reps per leg
- Step back far enough to keep front knee stable



2

Forward to Reverse Lunge (Left)

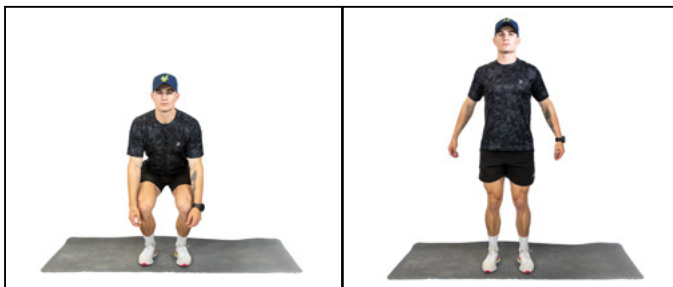
- 3 sets x 10 reps
- Maintain a straight line from head to heels



3

Forward to Reverse Lunge (Right)

- 3 sets x 8 reps
- Drive through your front heel



4

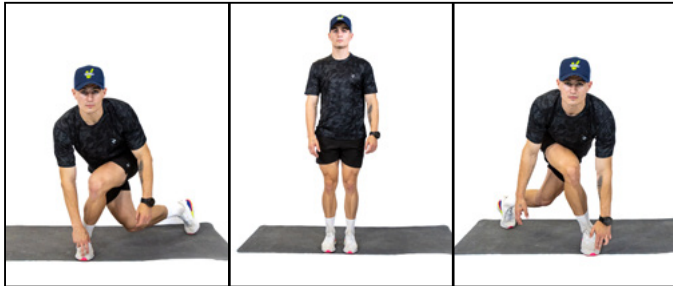
Squat Jumps

- 3 sets x 12 reps
- Land softly to protect your knees

DAY 2

WARM UP:

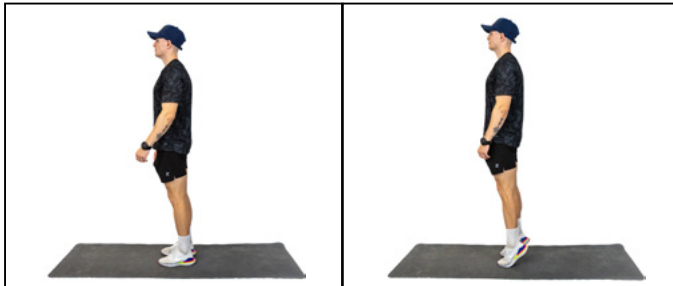
Lower Body Focus



5

Skater Jumps

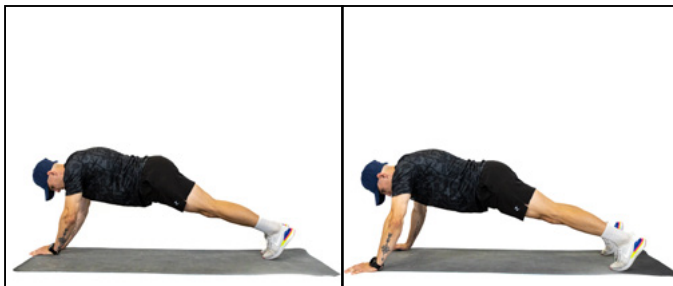
- 3 sets x 30 seconds
- Keep movements controlled to prevent rolling your ankle



6

Standing Calf Raises

- 3 sets x 15 reps
- Pause at the top for better activation



7

Plank Walk

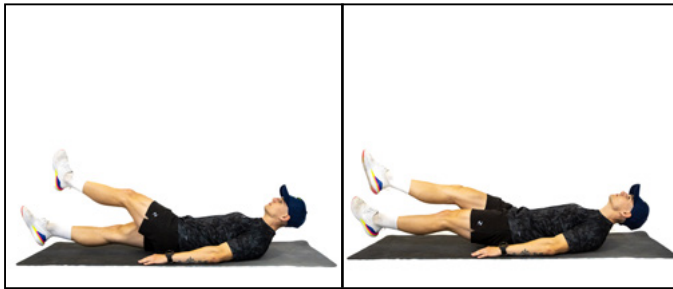
- 3 sets x 30 seconds
- Move slowly to keep your core engaged

DAY 3

WARM UP:

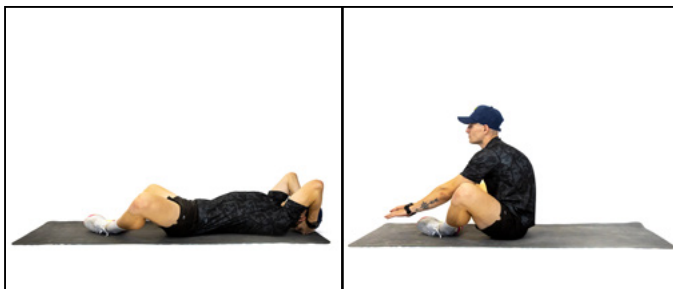
Core & Stability

Warm-Up: Run on the spot (2 min) + Heel Taps (1 min)



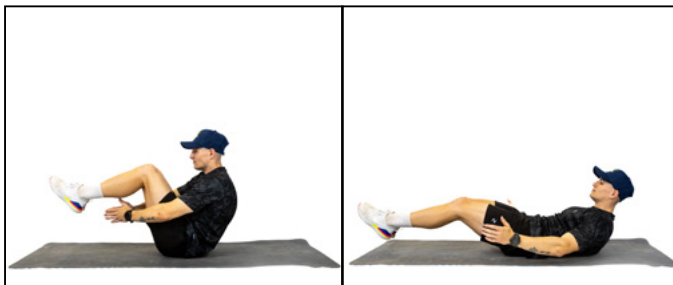
Ab Scissors

- 3 sets x 20 reps
- Keep lower back pressed to the ground



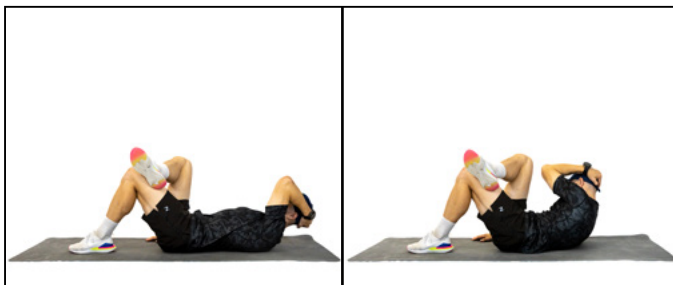
Frog Sit-Ups

- 3 sets x 12 reps
- Use your abs, not momentum, to lift



Clap Crunch

- 3 sets x 10 reps
- Fully contract your core before clapping



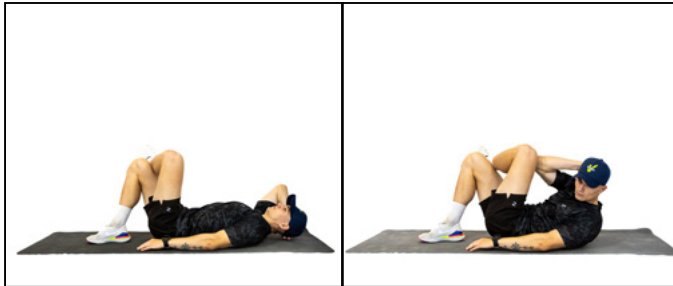
Left Ab Crunch

- 3 sets x 10 reps
- Focus on engaging your left obliques

DAY 3

WARM UP:

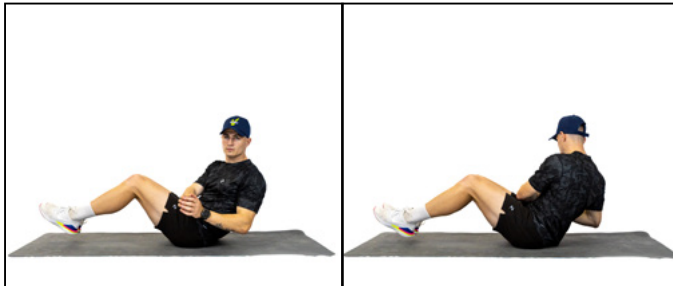
Core & Stability



5

Right Ab Crunch

- 3 sets x 10 reps
- Control each rep, avoid straining your neck



6

Russian Twists

- 3 sets x 15 reps
- Keep your feet off the ground for added difficulty



7

Forearm Plank

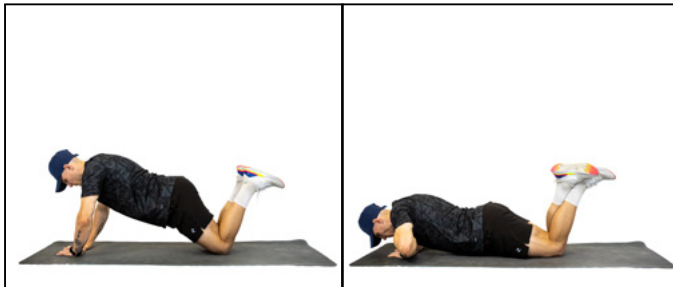
- 3 sets x 30 seconds
- Ensure proper posture to avoid back pain

DAY 4

WARM UP:

Upper Body Strength

Warm-Up: Jump Rope (3 min) + Standing Oblique Crunches (1 min per side)



1

Assisted Diamond Push-Up

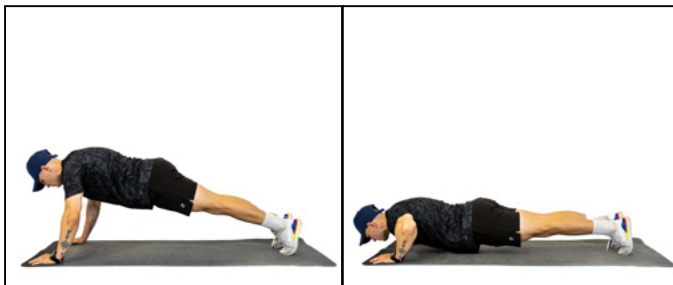
- 3 sets x 10 reps
- Keep elbows close to your body



2

Tricep Dips

- 3 sets x 10 reps
- Lower slowly to increase muscle engagement



3

Full Push-Up

- 3 sets x 8 reps
- Engage your core throughout



4

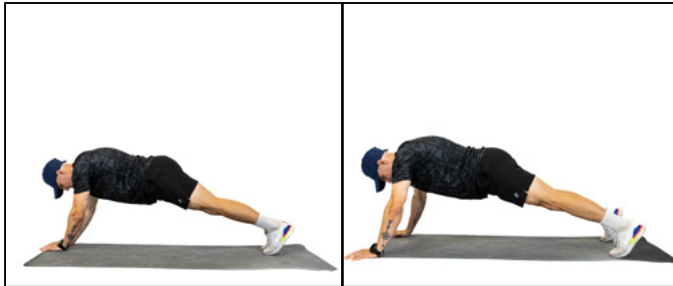
Plank Jacks

- 3 sets x 30 seconds
- Avoid letting hips drop

DAY 4

WARM UP:

Core & Stability



5

Plank Walk

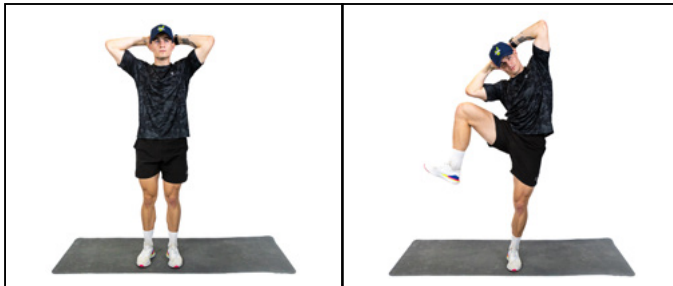
- 3 sets x 30 seconds
- Move hands and feet together for stability



6

Standing Oblique Crunch (Left)

- 3 sets x 12 reps
- Maintain smooth and controlled movements



7

Standing Oblique Crunch (Right)

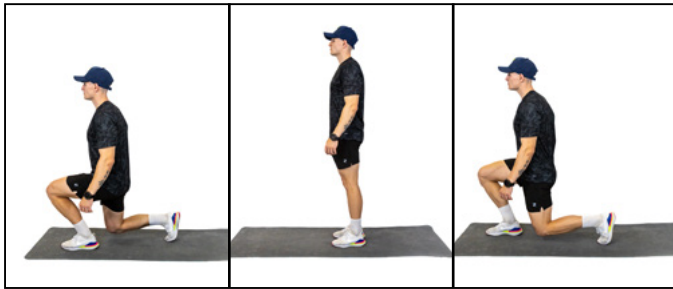
- 3 sets x 12 reps
- Maintain smooth and controlled movements

DAY 5

WARM UP:

Explosive Cardio & Core

Warm-Up: Run (5 min) + Jumping Jacks (1 min)



1

Jumping Lunges

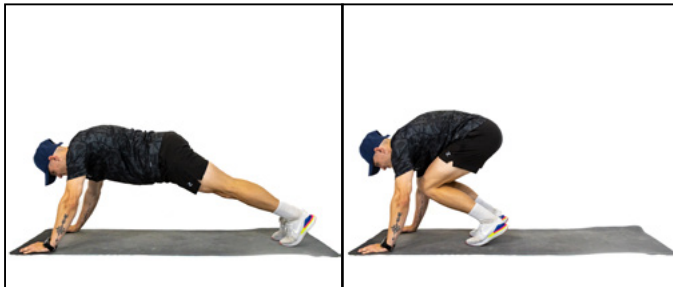
- 3 sets x 12 reps
- Land softly, maintain good knee alignment



2

Skater Jumps

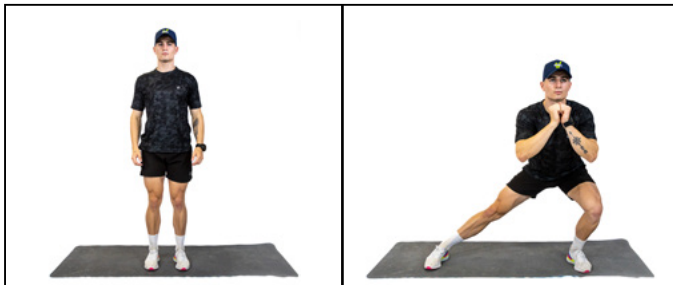
- 3 sets x 12 reps
- Stay low for maximum leg activation



3

Half Burpees

- 3 sets x 10 reps
- Keep movements explosive



4

Side Lunge (Left)

- 3 sets x 10 reps
- Push hips back as you lunge

DAY 5

WARM UP:

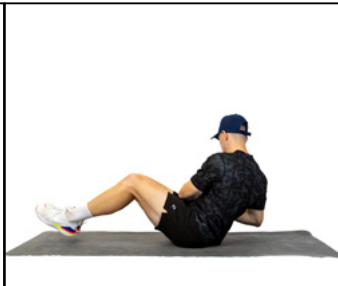
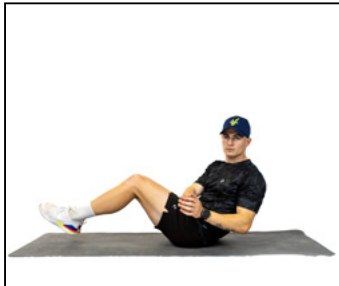
Explosive Cardio & Core



5

Side Lunge (Right)

- 3 sets x 10 reps
- Keep weight in the heel of your working leg



6

Russian Twists

- 3 sets x 12 reps
- Engage core, move with control



7

Flutter Kicks

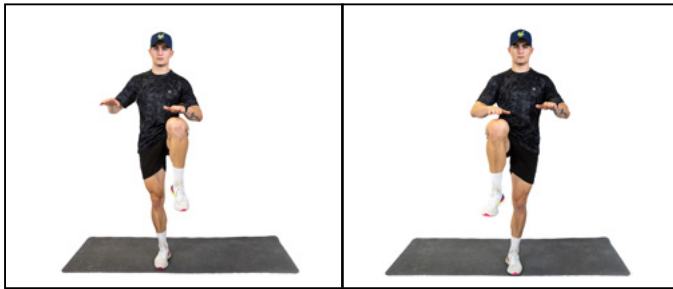
- 3 sets x 20 reps
- Keep lower back flat on the floor

DAY 6

WARM UP:

Leg & Glute Focus

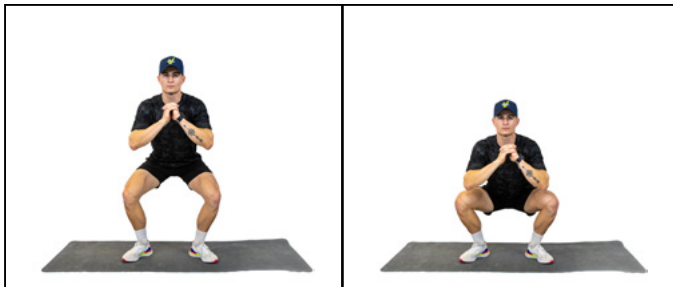
Warm-Up: Run (5 min) + Jumping Jacks (1 min)



1

High Knees

- 3 sets x 30 seconds
- Keep knees up and core tight



2

Sumo Squat Pulses

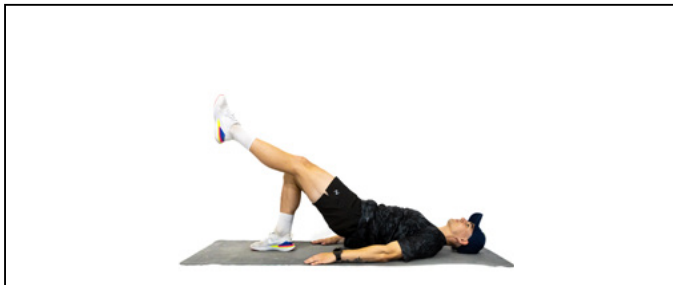
- 3 sets x 12 reps
- Stay low and controlled



3

Single Leg Glute Bridge (Left)

- 3 sets x 10 reps
- Keep movements explosive



4

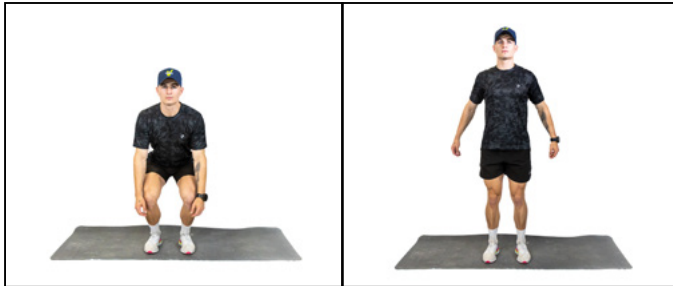
Single Leg Glute Bridge (Right)

- 3 sets x 12 reps
- Engage glutes, not lower back

DAY 6

WARM UP:

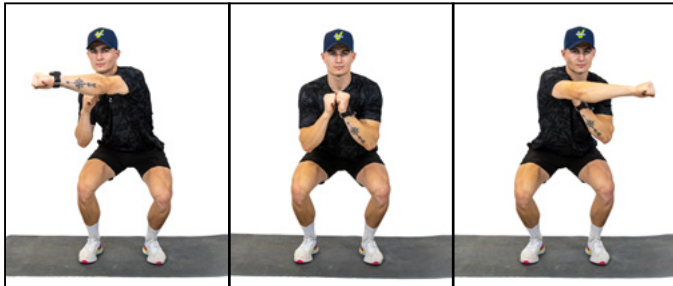
Leg & Glute Focus



5

Jump Squats

- 3 sets x 12 reps
- Land softly to prevent knee strain



6

Static Squat Hold + Punches

- 3 sets x 20 punches
- Keep core engaged

DAY 7

WARM UP:

Active Recovery



Walk (10-15 min)

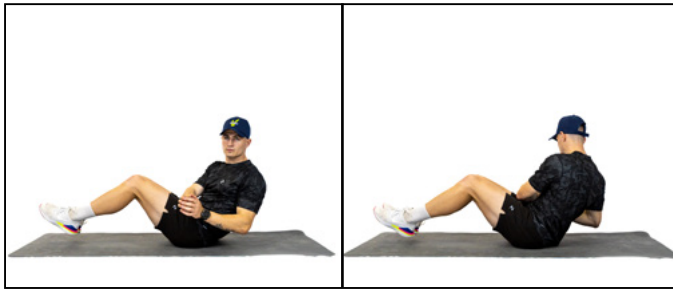
WEEK 2

DAY 1

WARM UP:

Core & Stability

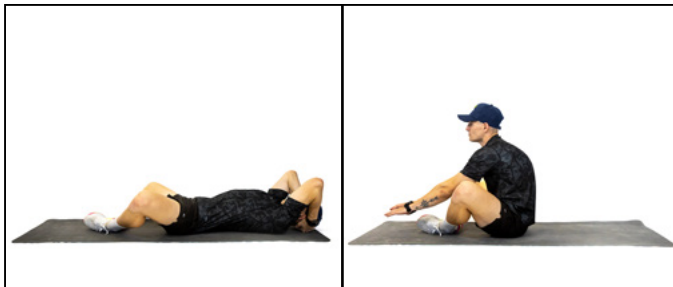
Warm-Up: Jump Rope (2 min) + Heel Taps (1 min)



1

Russian Twists

- 3 sets x 15 reps
- Keep your core tight and rotate from the waist, not just the arms



2

Frog Sit-Ups

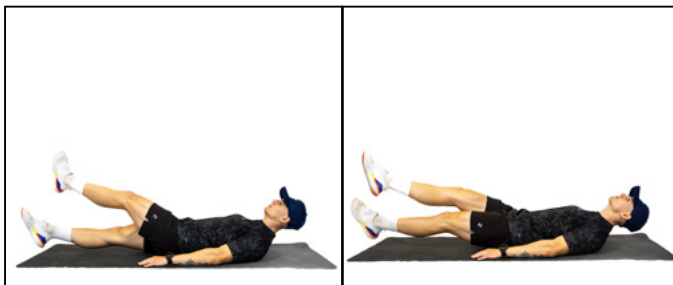
- 3 sets x 12 reps
- Engage your lower abs and exhale as you crunch up



3

Forearm Plank

- 3 sets x 30 seconds
- Keep hips level and avoid arching your back



4

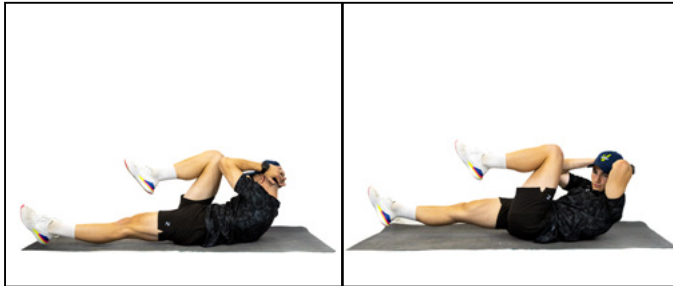
Ab Scissors

- 3 sets x 20 reps
- Keep your lower back pressed into the floor

DAY 1

WARM UP:

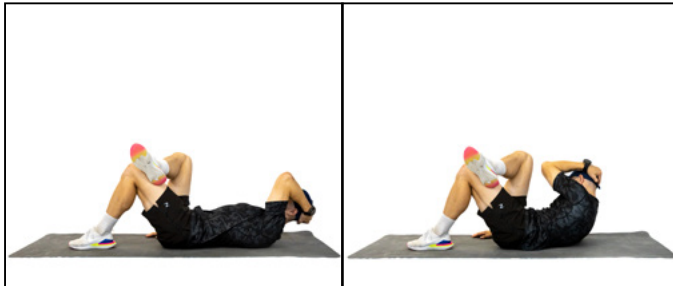
Explosive Cardio & Core



5

Bicycle Crunch

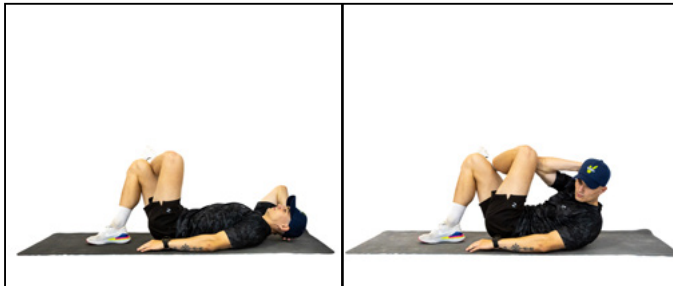
- 3 sets x 20 reps
- Move slowly and focus on twisting fully



6

Left Ab Crunch

- 3 sets x 10 reps
- Keep movements controlled and avoid neck strain



7

Right Ab Crunch

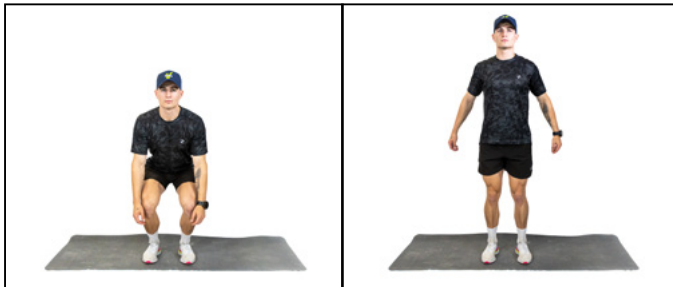
- 3 sets x 10 reps
- Exhale as you crunch and squeeze your obliques

DAY 2

WARM UP:

Full-Body Strength & Cardio

Warm-Up: Walk (5 min) + Jumping Jacks (1 min)



1

Squat Jumps

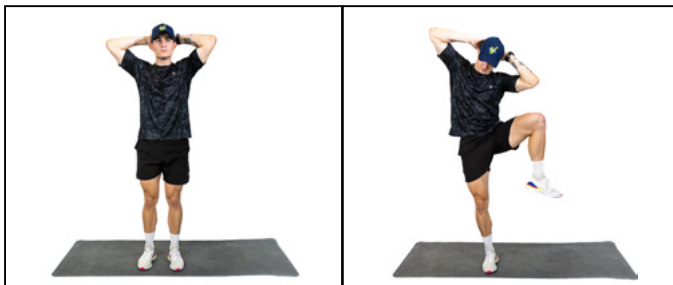
- 3 sets x 12 reps
- Land softly and keep your knees aligned



2

Assisted Push-Up

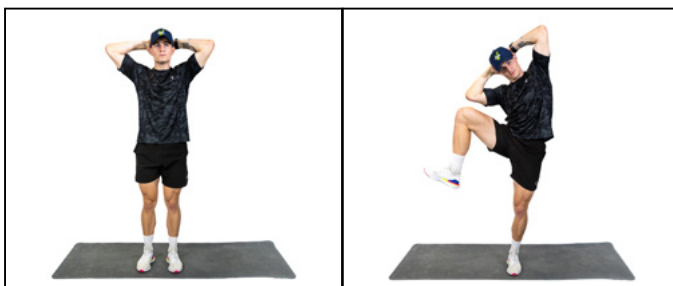
- 3 sets x 10 reps
- Lower yourself slowly and keep elbows at 45 degrees



3

Standing Oblique Crunch (Left)

- 3 sets x 12 reps
- Maintain smooth and controlled movements



4

Standing Oblique Crunch (Right)

- 3 sets x 12 reps
- Maintain smooth and controlled movements

DAY 2

WARM UP:

Full-Body Strength & Cardio



5

Forearm Plank

- 30-second hold x 3
- Keep your back straight and core engaged



6

Jumping Lunges

- 3 sets x 12 reps
- Land softly to reduce impact on your joints



7

Static Squat Hold + Punches

- 3 sets x 20 punches
- Keep your core tight and stay low

DAY 3

WARM UP:

Upper Body Strength

Warm-Up: Run on the spot (2 min) + High Knees (1 min)



1

Plank Jacks

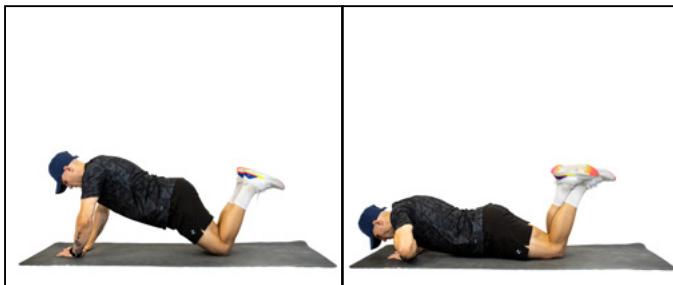
- 3 sets x 30 seconds
- Keep hips steady and avoid bouncing



2

Tricep Dips

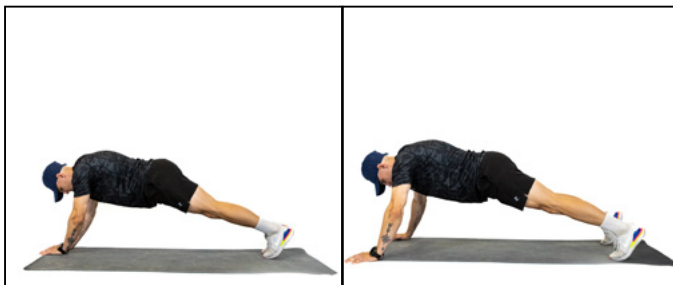
- 3 sets x 10 reps
- Keep elbows close to your body for maximum tricep engagement



3

Assisted Diamond Push-Up

- 3 sets x 10 reps
- Hands close together, elbows tucked in



4

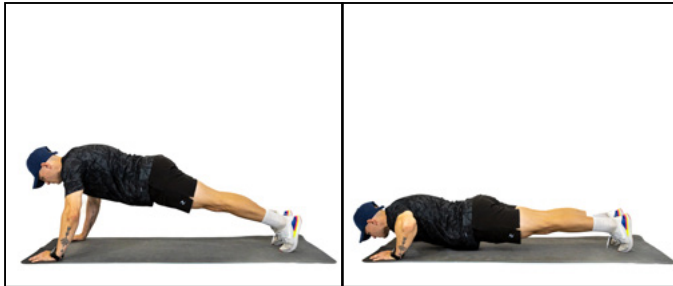
Plank Walk

- 3 sets x 30 seconds
- Keep your movements slow and controlled

DAY 3

WARM UP:

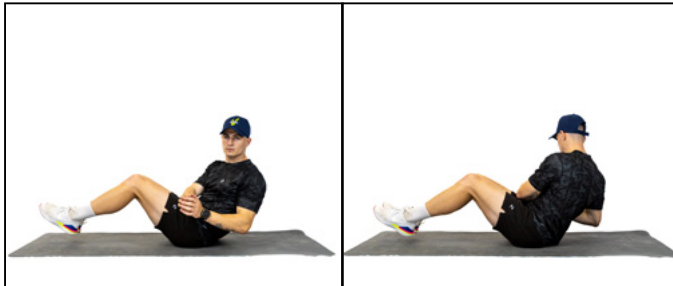
Full-Body Strength & Cardio



5

Full Push-Up

- 3 sets x 8 reps
- Lower yourself until your chest nearly touches the floor



6

Russian Twists

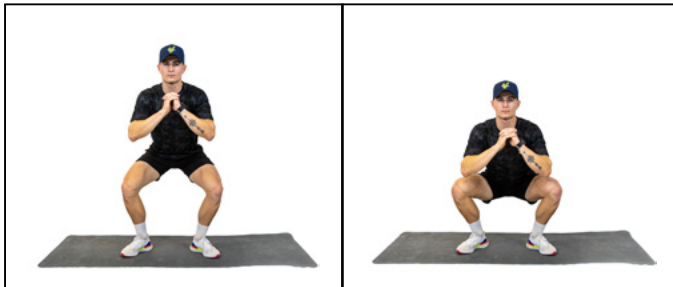
- 3 sets x 12 reps
- Engage core, move with control

DAY 4

WARM UP:

Lower Body Focus

Warm-Up: Walk (5 min) + Butt Kicks (1 min)



1

Sumo Squat Pulses

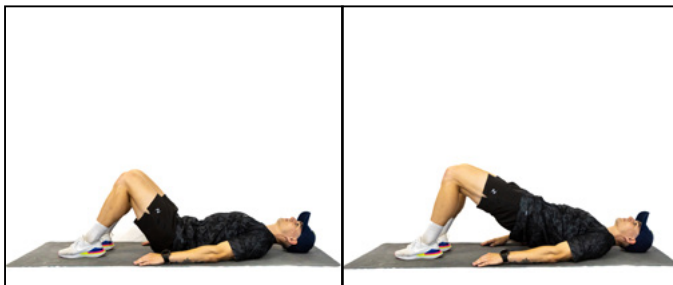
- 3 sets x 12 reps
- Keep chest lifted and pulse at the lowest point



2

Alternating Back Lunge

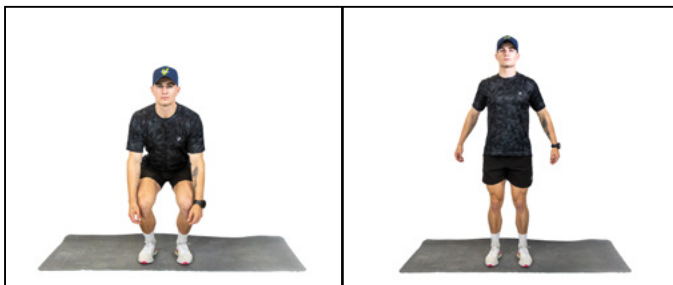
- 3 sets x 10 reps per leg
- Step back far enough to keep front knee stable



3

Glute Bridge

- 3 sets x 12 reps
- Squeeze glutes at the top for maximum activation.)



4

Jump Squats

- 3 sets x 12 reps
- Use your arms for momentum and land softly

DAY 4

WARM UP:

Lower Body Focus



5

Single Leg Glute Bridge (Left)

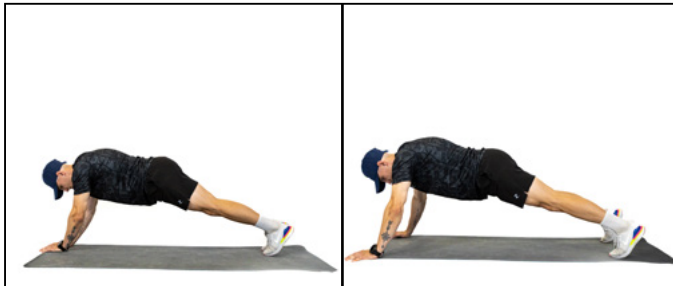
- 3 sets x 12 reps
- *Keep your foot flat and drive through your heel*



6

Single Leg Glute Bridge (Right)

- 3 sets x 12 reps
- *Engage your core and avoid overextending your hips*



7

Plank Walk

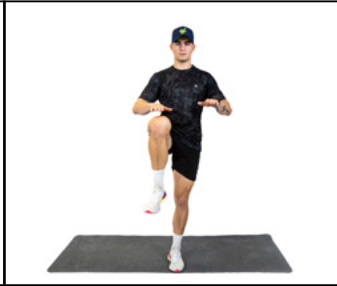
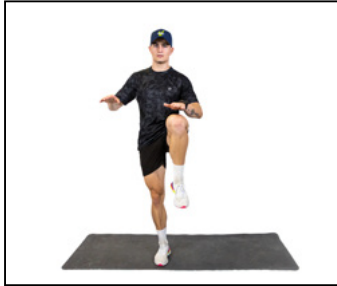
- 3 sets x 30 seconds
- *Focus on slow, controlled movement*

DAY 5

WARM UP:

Explosive Cardio & Core

Warm-Up: Run (5 min) + Monster Walks (1 min)



1

High Knees

- 3 sets x 30 seconds
- Keep knees up and core tight



2

Jumping Jacks

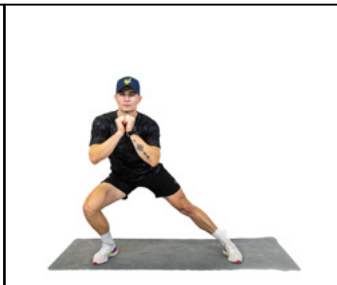
- 3 sets x 30 seconds
- Land lightly to protect your joints



3

Side Lunge (Left)

- 3 sets x 10 reps
- Keep your weight on the heel of your bent leg



4

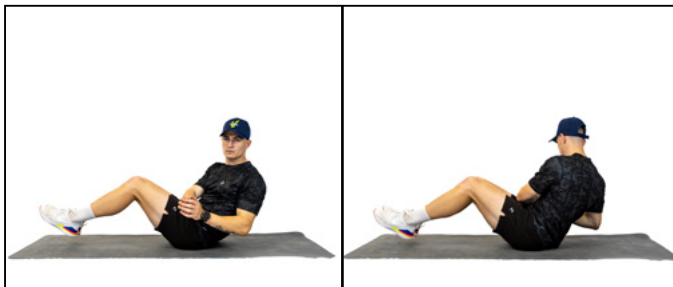
Side Lunge (Right)

- 3 sets x 10 reps
- Push off the heel to return to standing

DAY 5

WARM UP:

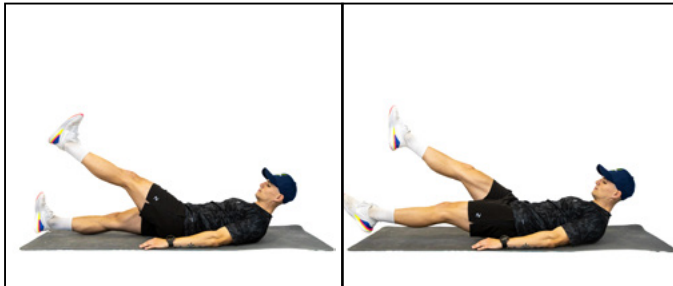
Lower Body Focus



5

Russian Twists

- 3 sets x 12 reps
- Move from the core, not just the arms



6

Flutter Kicks

- 3 sets x 20 reps
- Keep lower back on the ground and core engaged



7

Wall Sit

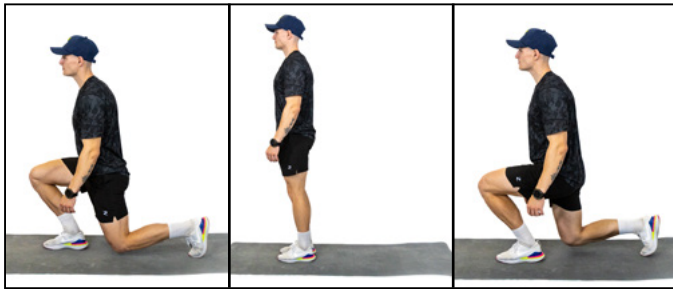
- 3 sets x 45 seconds
- Press your lower back into the wall

DAY 6

WARM UP:

Leg & Glute Focus

Warm-Up: Walk (5 min) + Standing Oblique Crunches (1 min per side)



1

Alternating Back Lunges

- 3 sets x 10 reps per leg
- Keep your chest up and step back fully



2

Wall Squat

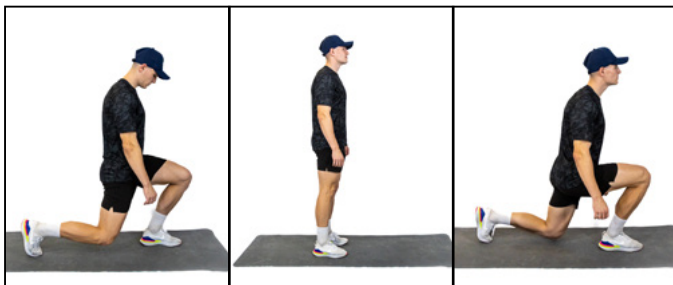
- 3 sets x 10 steps per side
- Stay low and keep weight in your heels



3

Skater Jumps

- 3 sets x 30 seconds
- Land softly and keep your back leg elevated



4

Forward to Reverse Lunge (Left)

- 3 sets x 8 reps
- Stay balanced and push through your heel

DAY 6

WARM UP:

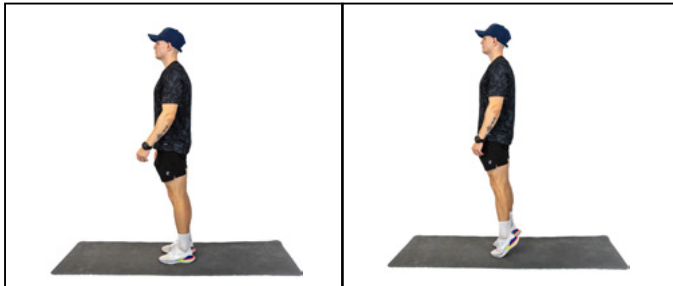
Leg & Glute Focus



5

Forward to Reverse Lunge (Right)

- 3 sets x 8 reps
- Engage your core for stability



6

Standing Calf Raises

- 3 sets x 15 reps
- Pause at the top for extra activation



7

Static Squat Hold + Punches

- 3 sets x 20 punches
- Keep your arms controlled and core tight

DAY 7

WARM UP:

Active Recovery



Walk (10-15 min)



WELL DONE
YOU DID IT!

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