

ClickFit

7 DAY

CORE & CARDIO

Burn Challenge



Powered by

#Medshield
movement

PLAN OVERVIEW

Strengthen and sculpt your core while boosting endurance with this powerful mix of abdominal training and cardio-focused workouts. Over the next 7 days, you'll work toward a fitter, stronger, and more energised version of yourself!

ADDED SUGGESTIONS:



DAILY STEP GOAL

If you have a smartwatch or smartphone, track your daily movement. Aim for **12,000 steps per day**, in addition to completing the workouts below..



HYDRATION REMINDER

Stay consistent with your water intake. We recommend drinking **2-3 litres of water daily**.



TRACK YOUR PROGRESS

Before starting, record:

- Weight
- Body fat percentage
- Body measurements

After Day 7, re-measure to see the progress you've achieved.

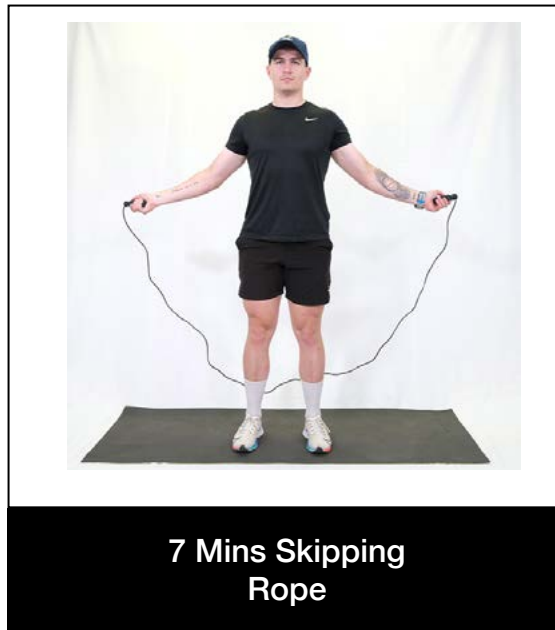
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WARM UP

Complete this warm-up before each main workout session:



WORKOUT FORMAT

Each day follows the same structure:

- 5 sets
- 30 seconds work
- 15 seconds rest
- 4 workouts per day

WEEK 1

DAY 1

WARM UP:

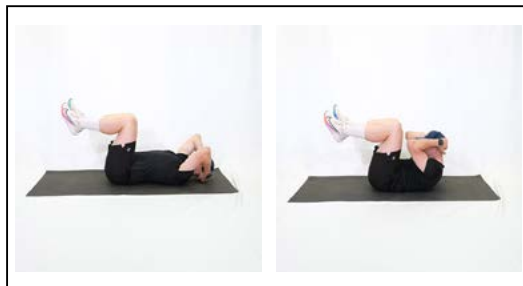
DAILY WARM UP BEFORE EACH SET



1

Cross-Body Mountain

- Keep hands shoulder-width apart
- Drive knees toward your chest with control



2

Shoulder Taps

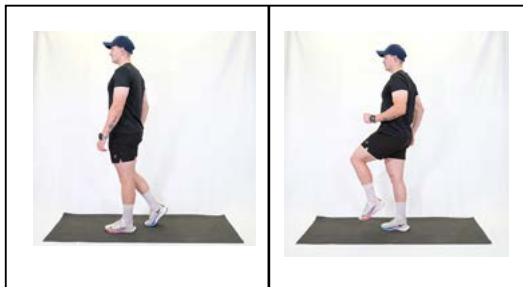
- Maintain a straight back
- Keep feet hip-width apart for stability



3

Skater Jumps (Toe Touch)

- Stay steady and controlled
- Right hand touches left foot and vice versa



4

Cardio Finisher

- 3 km Run
- 5 km Walk

DAY 2

WARM UP:

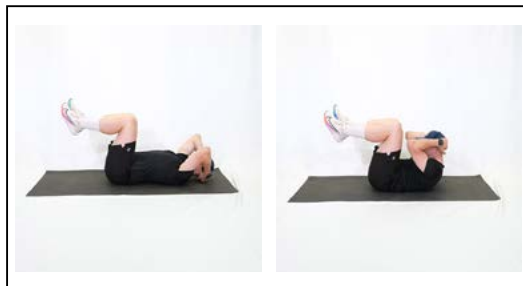
DAILY WARM UP BEFORE EACH SET



1

Run on the Spot

- Push the intensity and elevate your heart rate



2

Bent Knee Ab Crunches

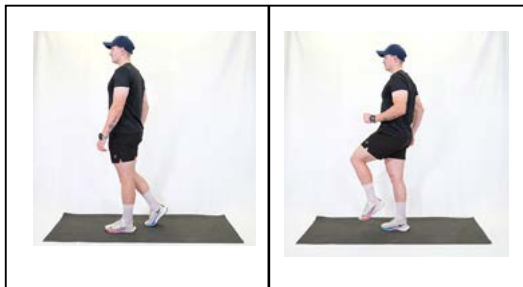
- Hands behind your head
- Aim for elbows to meet knees



3

Full Burpee

- Bring knees toward elbows as you rise
- Focus on steady breathing throughout



4

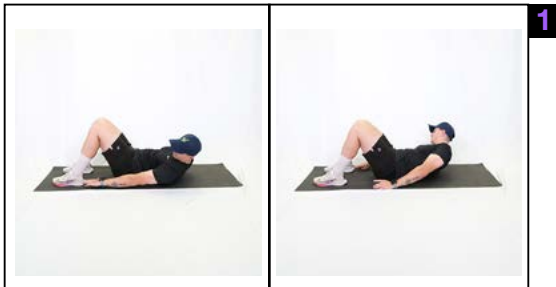
Cardio Finisher

- 3 km Run
- 5 km Walk

DAY 3

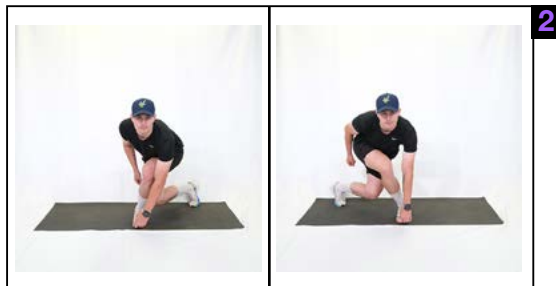
WARM UP:

DAILY WARM UP BEFORE EACH SET



Ab Heel Taps

- Keep shoulders lifted off the floor the entire



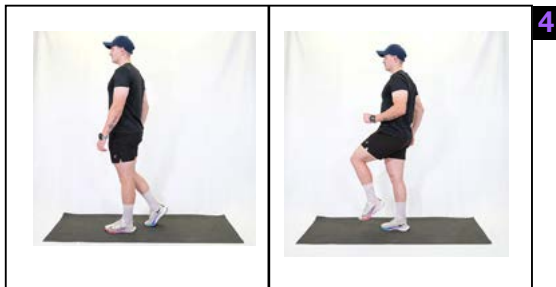
Skater Jumps (Toe Touch)

- Maintain control and balance
- Alternate hand-to-opposite-foot touch



Forearm Plank

- Forearms flat on the ground
- Keep your body in a straight line



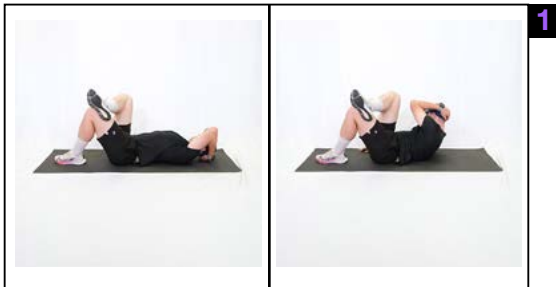
Cardio Finisher

- 3 km Run
- 5 km Walk

DAY 4

WARM UP:

DAILY WARM UP BEFORE EACH SET



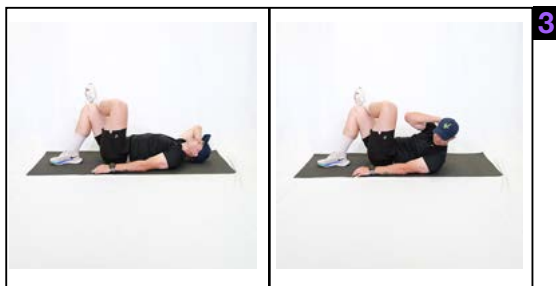
Left Ab Cross-Crunch

- Keep your core engaged
- Left elbow reaches toward right knee



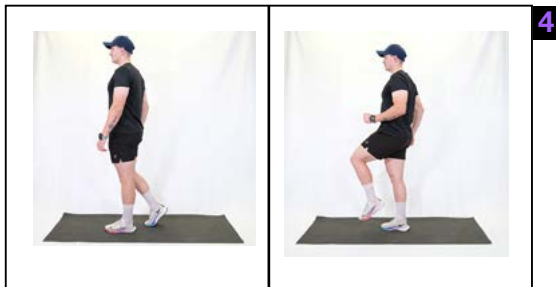
Half Burpee

- Hands shoulder-width apart
- Aim to bring knees toward elbows



Right Ab Cross-Crunch

- Stay tight through the core
- Right elbow reaches toward left knee



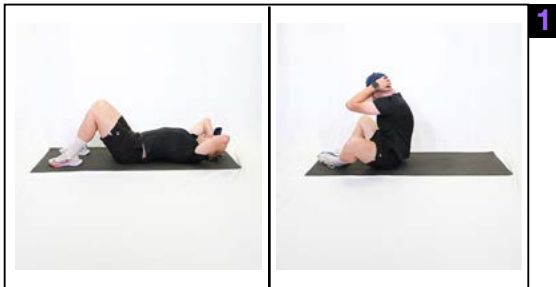
Cardio Finisher

- 3 km Run
- 5 km Walk

DAY 5

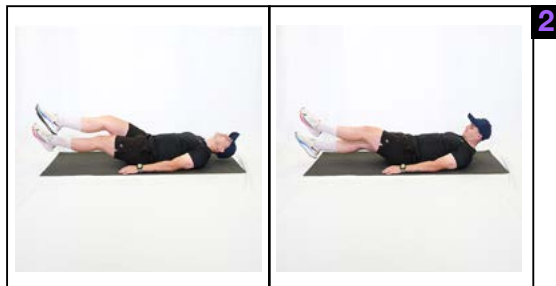
WARM UP:

DAILY WARM UP BEFORE EACH SET



Frog Sit-Up

- Soles of feet together, knees open outward
- Engage your core throughout



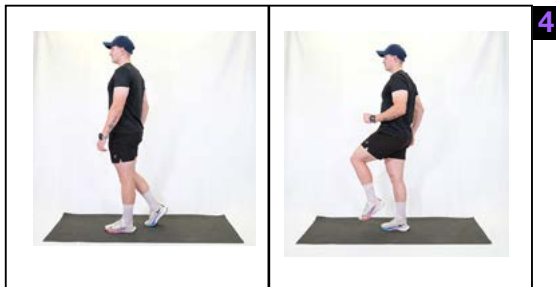
Ab Scissors

- Keep legs straight and low (~15 cm above ground)
- Lift shoulders slightly off the floor



Full Sit-Up

- Feet stay flat on the ground
- Keep your core tight as you rise



Cardio Finisher

- 3 km Run
- 5 km Walk

DAY 6

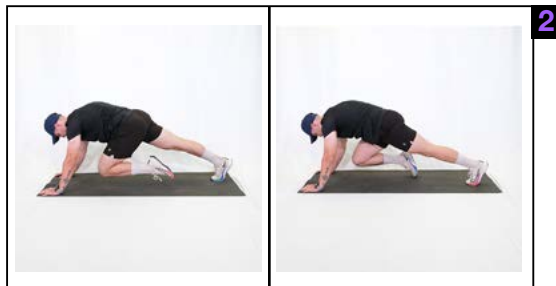
WARM UP:

DAILY WARM UP BEFORE EACH SET



Russian Twists

- Keep feet elevated
- Rotate from the waist, not just the arms



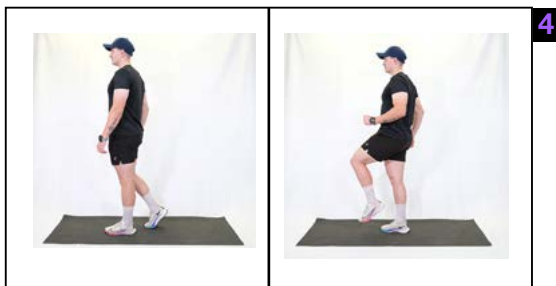
Mountain Climbers

- Hands shoulder-width apart
- Drive knees in strongly



Jumping Jacks

- Keep a fast pace to maintain intensity



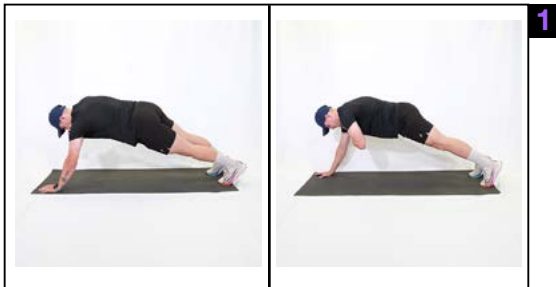
Cardio Finisher

- 3 km Run
- 5 km Walk

DAY 7

WARM UP:

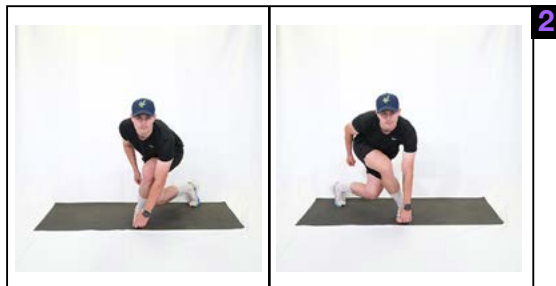
DAILY WARM UP BEFORE EACH SET



1

Shoulder Taps

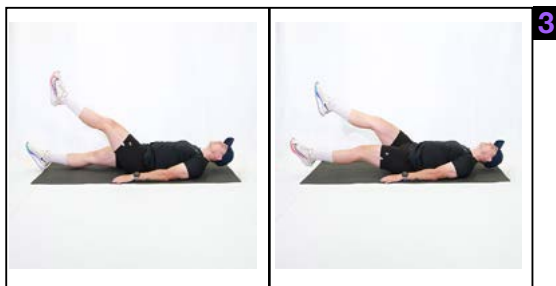
- Keep your back flat
- Stay stable through your hips



2

Skater Jumps (Toe Touch)

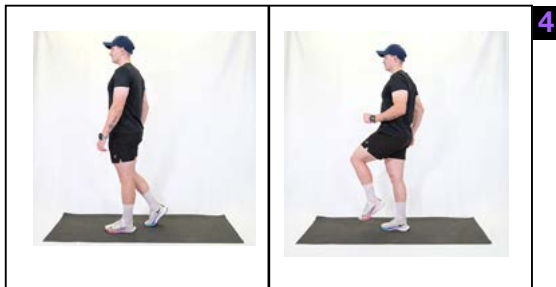
- Stay controlled
- Alternate opposite hand to foot



3

Flutter Kicks

- Point your toes
- Keep shoulders lifted off the floor



4

Cardio Finisher

- 3 km Run
- 5 km Walk



WELL DONE
YOU DID IT!

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