



full **CIRCUIT**

UNDER 21 MINUTES A DAY FITNESS

full **CIRCUIT**

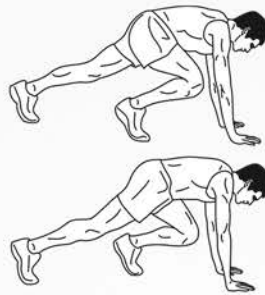
Day 1

7 sets in total

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30sec high knees



10sec climbers



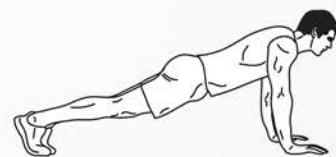
30sec high knees



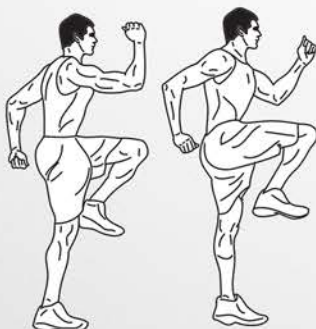
10sec plank hold



30sec high knees



10sec plank hold



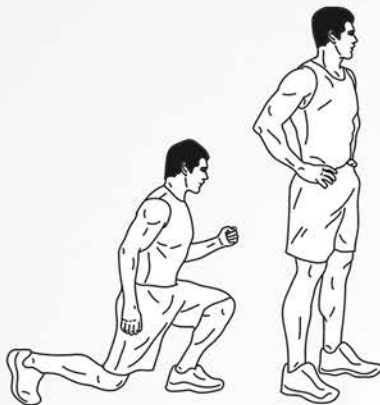
60 seconds march steps

full **CIRCUIT**

Day 2

7 sets in total

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30sec reverse lunges

10sec shoulder taps

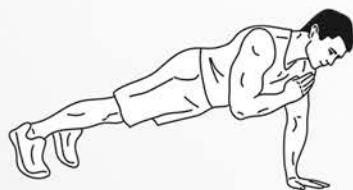
30sec reverse lunges

10sec shoulder taps

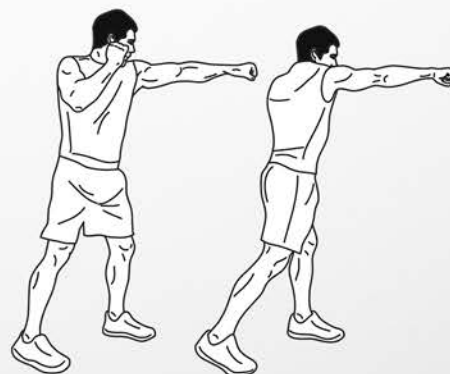


30sec reverse lunges

10sec shoulder taps



60 seconds punches



full **CIRCUIT**

Day 3

3 sets in total

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20sec crunches



20sec heel taps



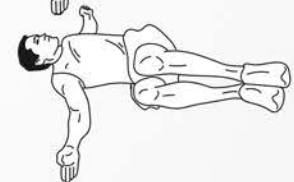
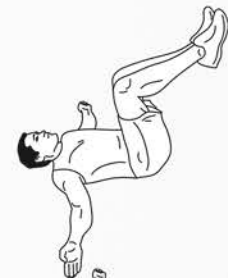
20sec leg raises



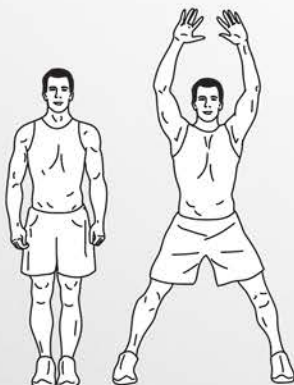
20sec flutter kicks



20sec scissors



20sec half wipers



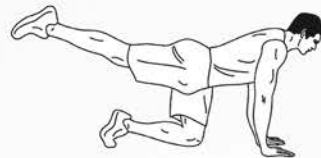
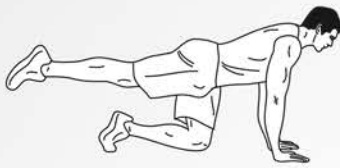
60 seconds jumping jacks

full **CIRCUIT**

Day 4

No sets

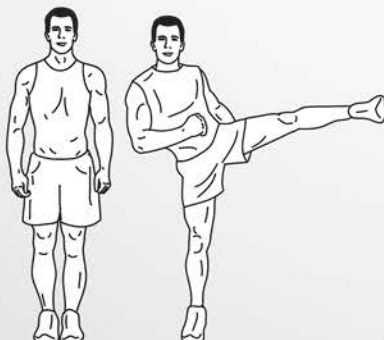
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30sec knee-in extensions + **30sec** hold + **30sec** knee-in extensions
change sides and repeat the sequence



30sec up & down pulses + **30sec** hold + **30sec** up & down pulses
change sides and repeat the sequence



FINISHER

3 minutes side leg raises

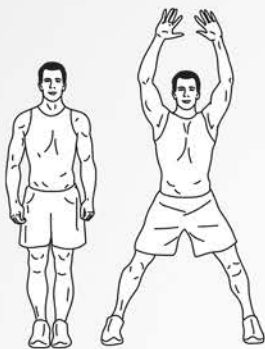
90 seconds per side

full **CIRCUIT**

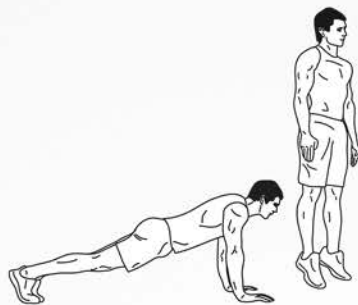
Day 5

7 sets in total

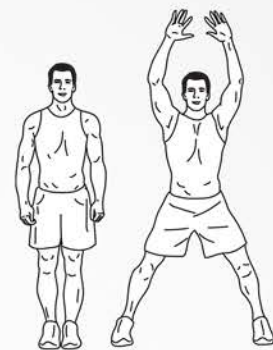
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30sec jumping jacks



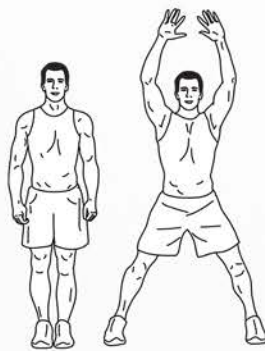
10sec basic burpees



30sec jumping jacks



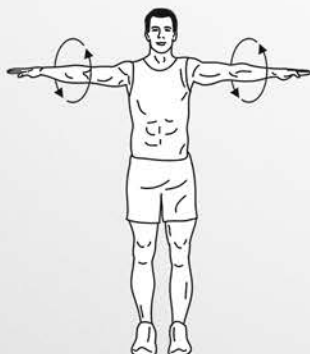
10sec squat hold



30sec jumping jacks



10sec squat hold



60 seconds raised arm circles

full **CIRCUIT**

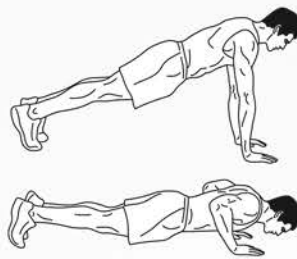
Day 6

7 sets in total

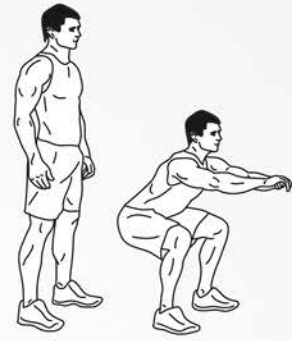
© darebee.com



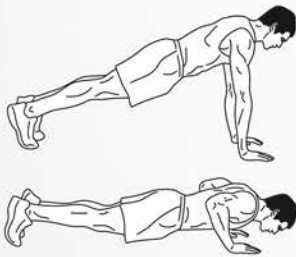
30sec squats



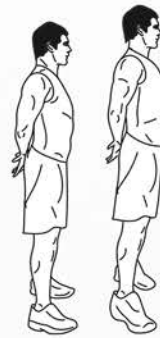
10sec push-ups



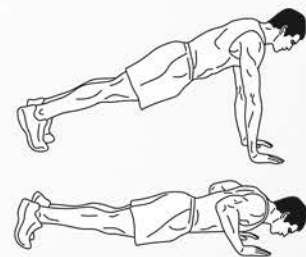
30sec squats



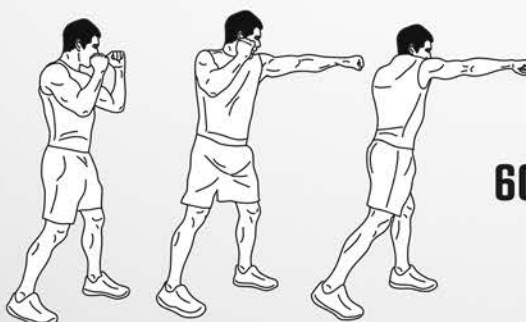
10sec push-ups



30sec calf raises



10sec push-ups



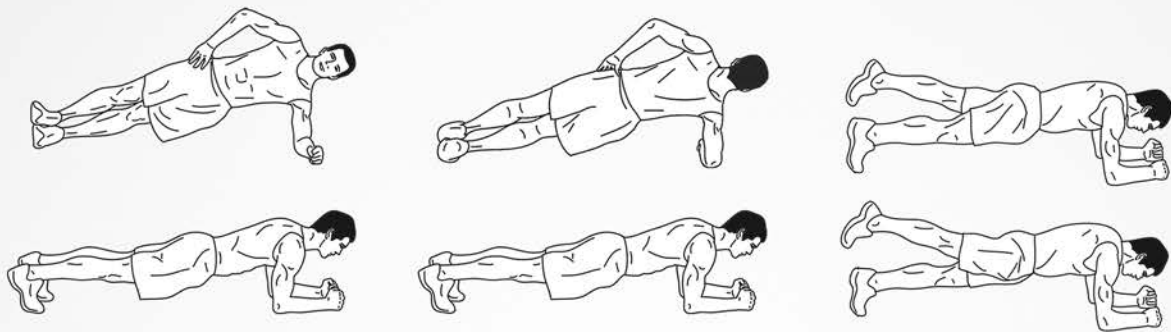
60 seconds punches

full **CIRCUIT**

Day 7

3 sets in total

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20sec side elbow plank / left

20sec elbow plank hold

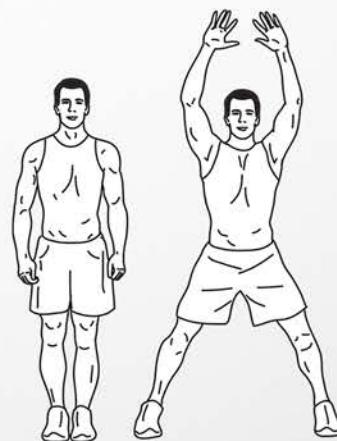
20sec side elbow plank / right

20sec elbow plank hold

20sec raised leg elbow plank hold / left

20sec raised leg elbow plank hold / right

60 seconds jumping jacks

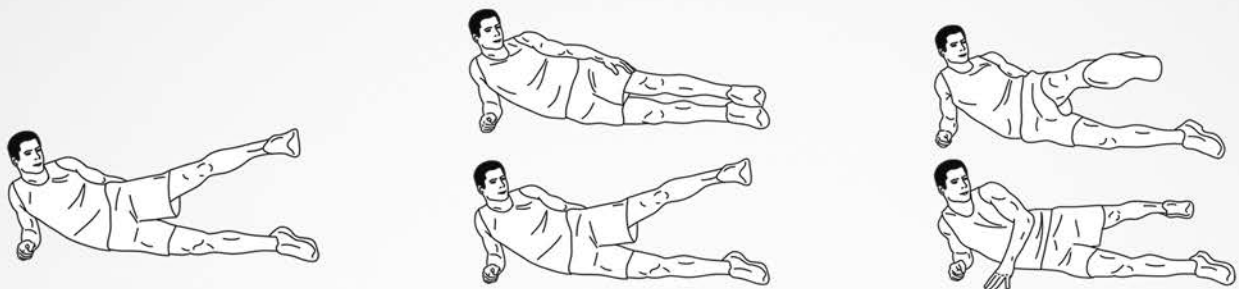


full **CIRCUIT**

Day 8

No sets

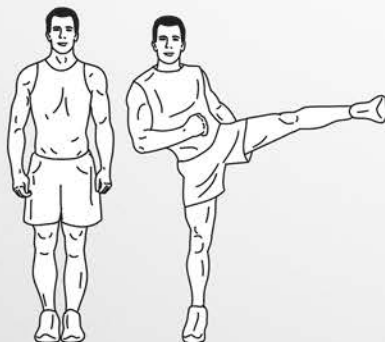
darebee.com



30sec hold + **30sec** side leg raises + **30sec** raised leg swings
change sides and repeat the sequence



30sec fast kicks + **30sec** slow kicks + **30sec** hold
change sides and repeat the sequence



FINISHER

3 minutes side leg raises
90 seconds per side

full **CIRCUIT**

Day 9

7 sets in total

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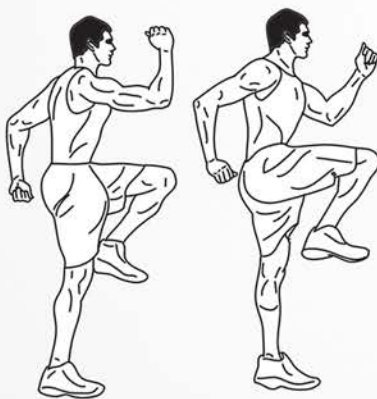


20sec high knees

20sec march steps

20sec high knees

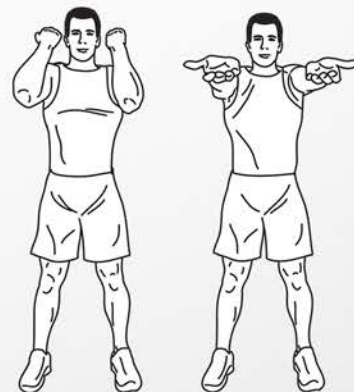
20sec march steps



20sec high knees

20sec march steps

60 seconds bicep extensions



full **CIRCUIT**

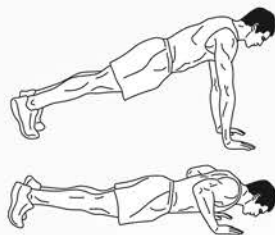
Day 10

7 sets in total

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20sec lunges



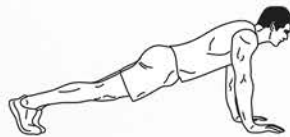
20sec push-ups



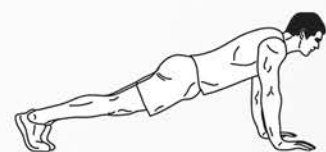
20sec lunges



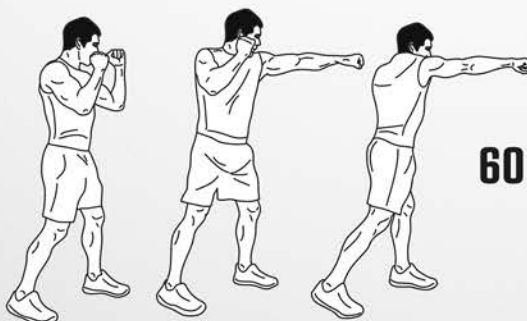
20sec plank hold



20sec shoulder taps



20sec plank hold



60 seconds punches

full **CIRCUIT**

Day 11

3 sets in total

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20sec crunches



20sec bridges



20sec leg raises



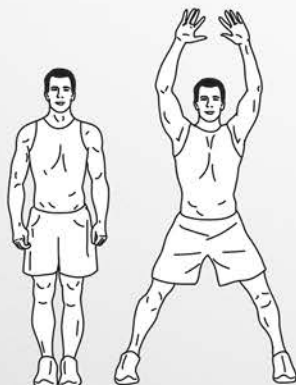
20sec bridges



20sec flutter kicks



20sec bridges



60 seconds jumping jacks

full **CIRCUIT**

Day 12

No sets

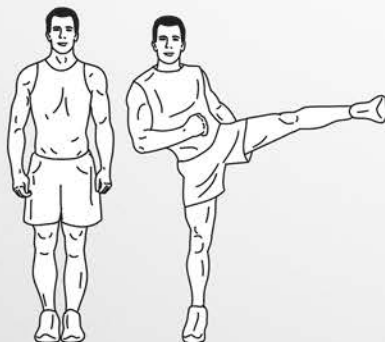
© darebee.com



30sec hold + **30sec** leg raises + **30sec** high leg raises
change sides and repeat the sequence



30sec move side-to-side + **30sec** circles + **30sec** hold
change sides and repeat the sequence



FINISHER

3 minutes side leg raises

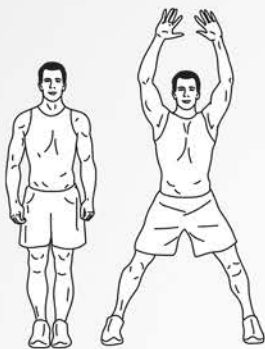
90 seconds per side

full **CIRCUIT**

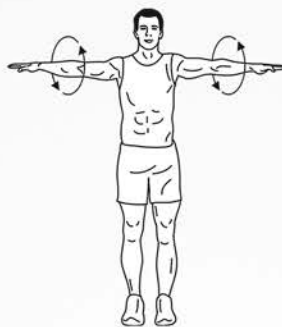
Day 13

7 sets in total

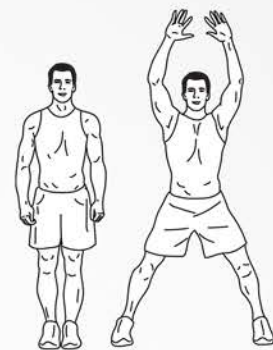
© darebee.com



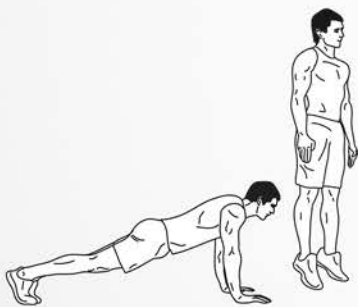
30sec jumping jacks



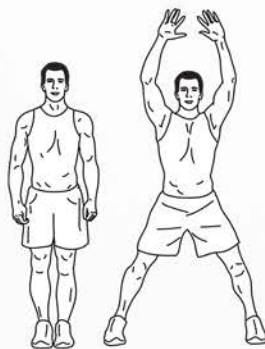
10sec raised arm circles



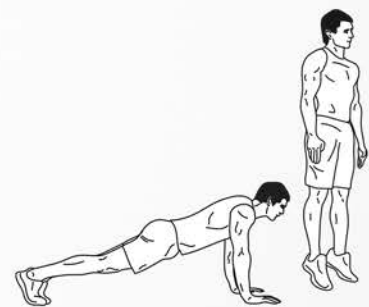
30sec jumping jacks



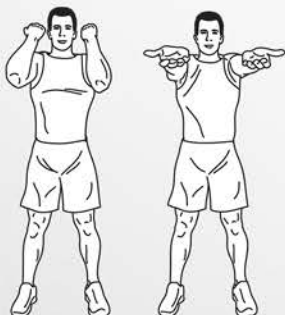
10sec basic burpees



30sec jumping jacks



10sec basic burpees



60 seconds bicep extensions

full **CIRCUIT**

Day 14

7 sets in total

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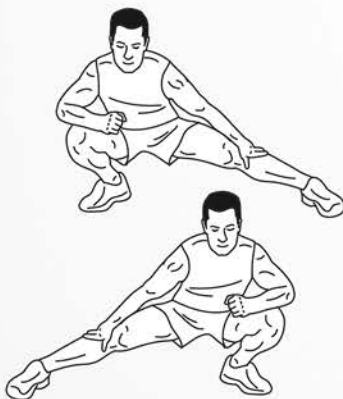


30sec lunges

10sec side-to-side lunges

30sec lunges

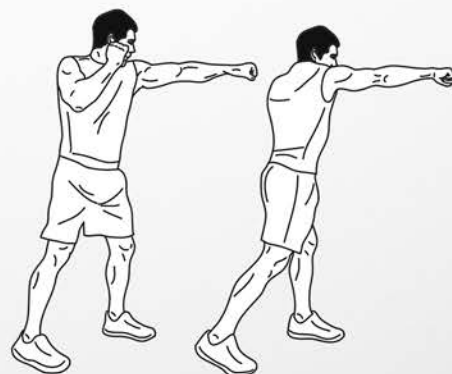
10sec side-to-side lunges



30sec lunges

10sec side-to-side lunges

60 seconds punches



full **CIRCUIT**

Day 15

3 sets in total

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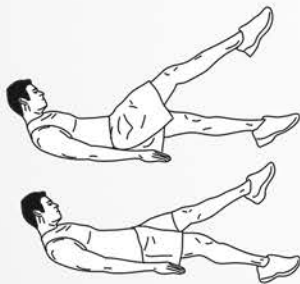
20sec sitting punches



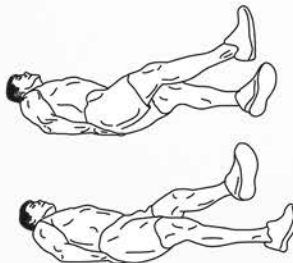
20sec sit-up punches



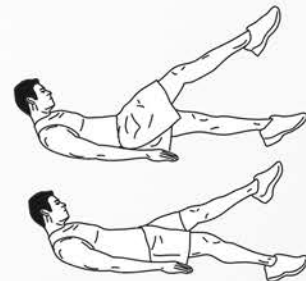
20sec sitting punches



20sec flutter kicks



20sec scissors



20sec flutter kicks



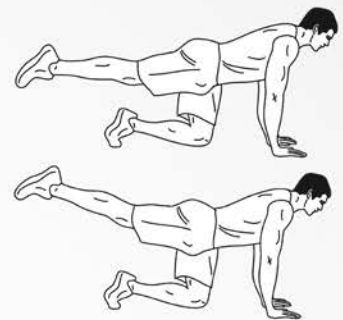
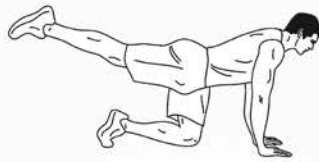
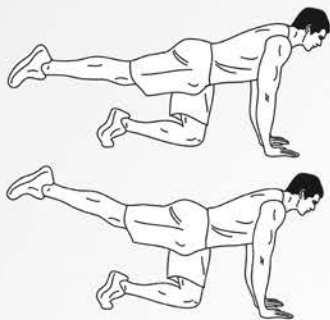
60 seconds high knees

full **CIRCUIT**

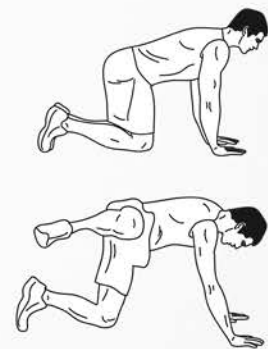
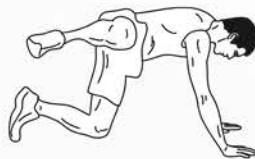
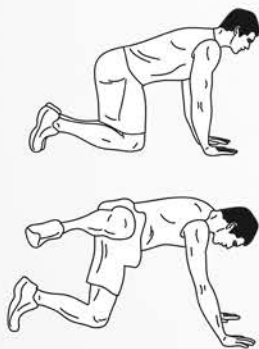
Day 16

No sets

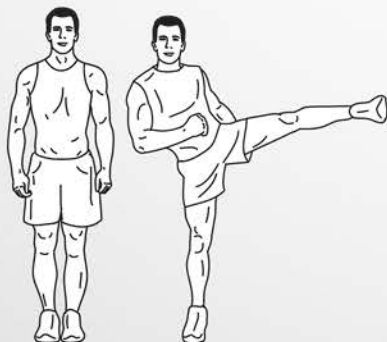
© darebee.com



30sec raised leg swings + **30sec** hold + **30sec** raised leg swings
change sides and repeat the sequence



30sec side leg extensions + **30sec** hold + **30sec** side leg extensions
change sides and repeat the sequence



FINISHER

3 minutes side leg raises

90 seconds per side

full **CIRCUIT**

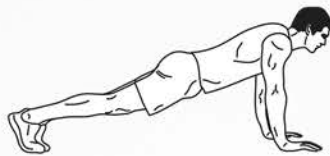
Day 17

7 sets in total

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30sec high knees



10sec plank hold



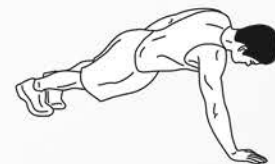
30sec high knees



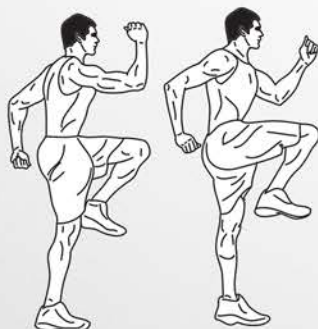
10sec one-arm plank hold



30sec high knees



10sec one-arm plank hold



60 seconds march steps

full **CIRCUIT**

Day 18

7 sets in total

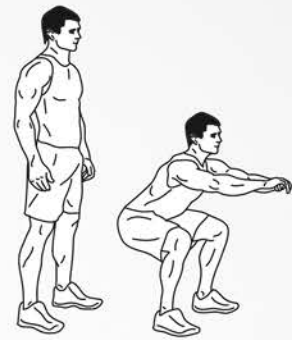
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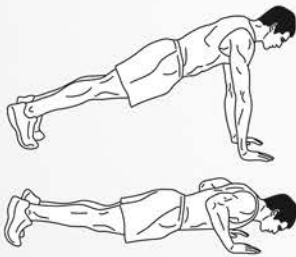
30sec squats



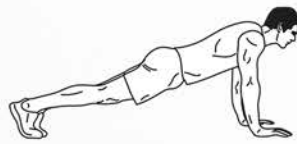
10sec calf raises



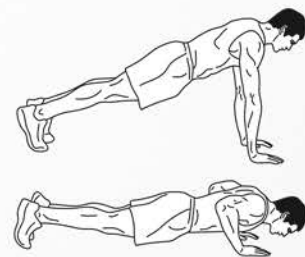
30sec squats



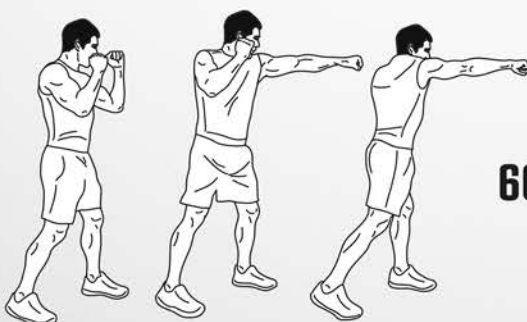
10sec push-ups



30sec shoulder taps



10sec push-ups



60 seconds punches

full **CIRCUIT**

Day 19

3 sets in total

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30sec elbow plank hold

10sec elbow plank crunches

30sec elbow plank hold

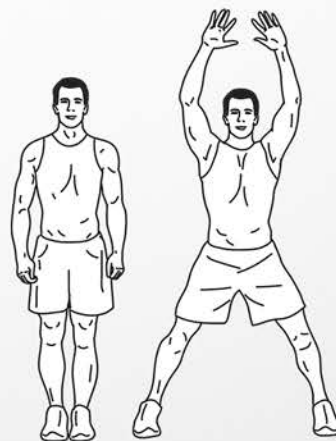
10sec elbow plank crunches

30sec elbow plank hold

10sec elbow plank crunches



60 seconds jumping jacks



full **CIRCUIT**

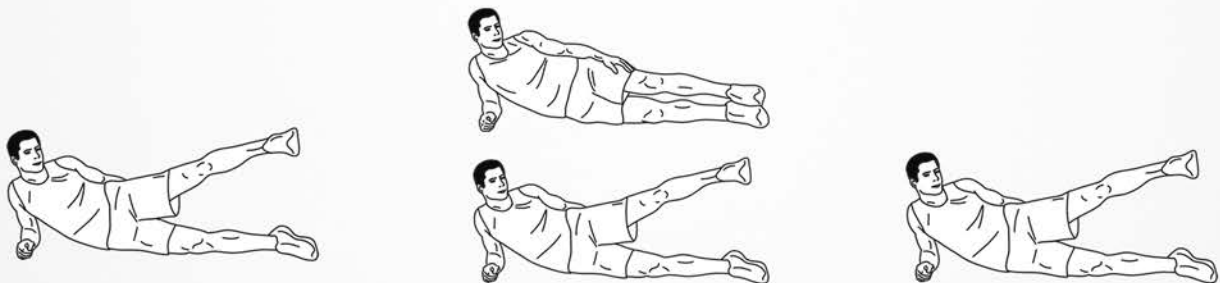
Day 20

No sets

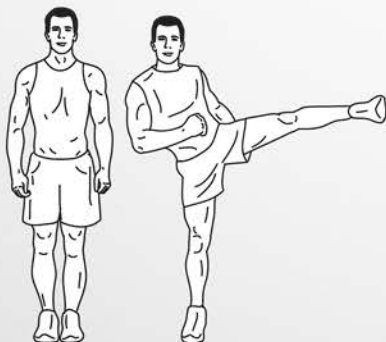
© darebee.com



30sec hold + **30sec** leg raises + **30sec** hold
change sides and repeat the sequence



30sec hold + **30sec** side leg raises + **30sec** hold
change sides and repeat the sequence



FINISHER

3 minutes side leg raises

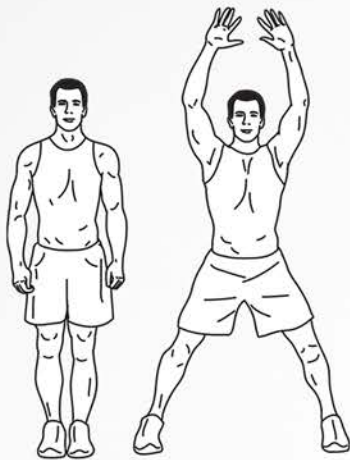
90 seconds per side

full **CIRCUIT**

Day 21

7 sets in total

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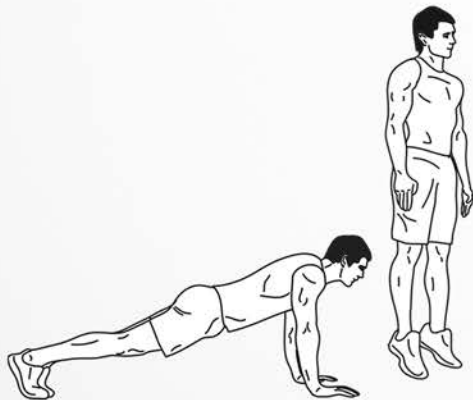


30sec jumping jacks

10sec basic burpees

30sec jumping jacks

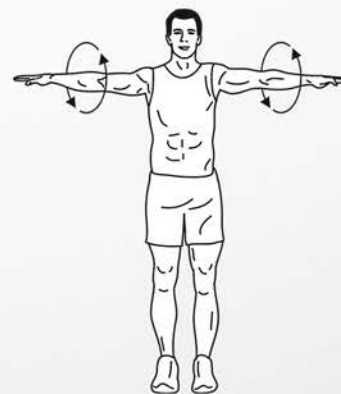
10sec basic burpees



30sec jumping jacks

10sec basic burpees

60 seconds raised arm circles

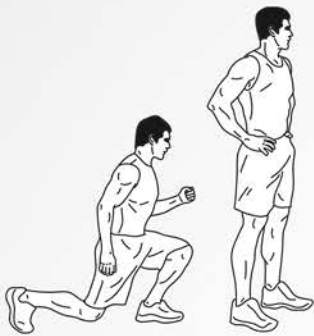


full **CIRCUIT**

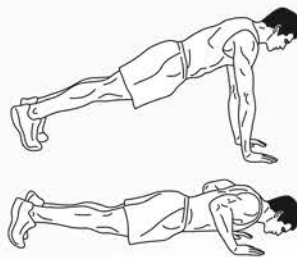
Day 22

7 sets in total

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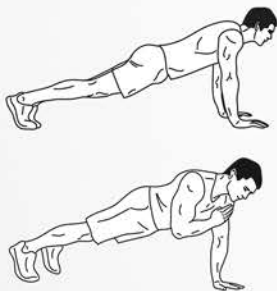
30sec reverse lunges



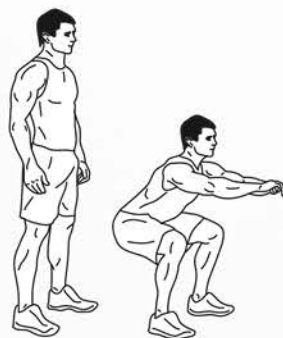
10sec push-ups



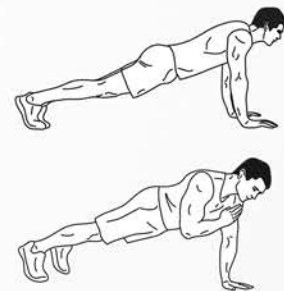
30sec reverse lunges



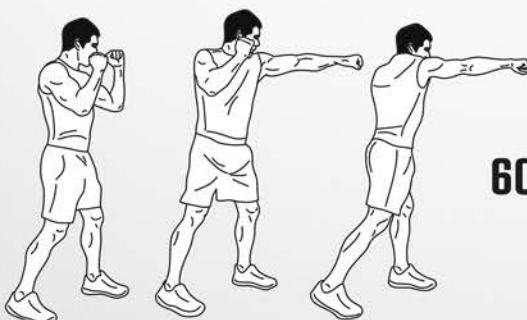
10sec shoulder taps



30sec squats



10sec shoulder taps



60 seconds punches

full **CIRCUIT**

Day 23

3 sets in total

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20sec plank hold



20sec elbow plank hold



20sec plank hold



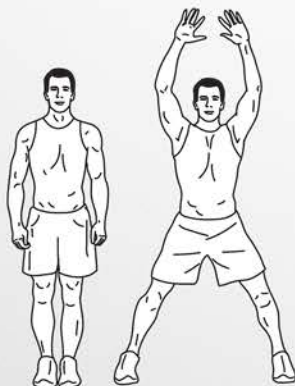
20sec side elbow plank



20sec elbow plank



20sec side elbow plank



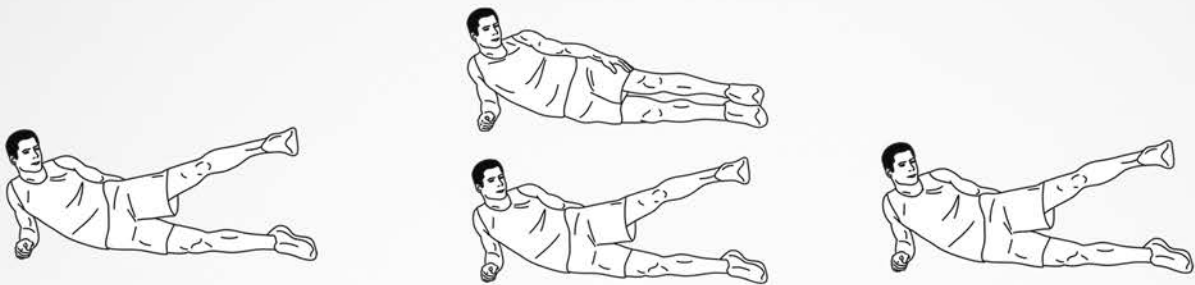
60 seconds jumping jacks

full **CIRCUIT**

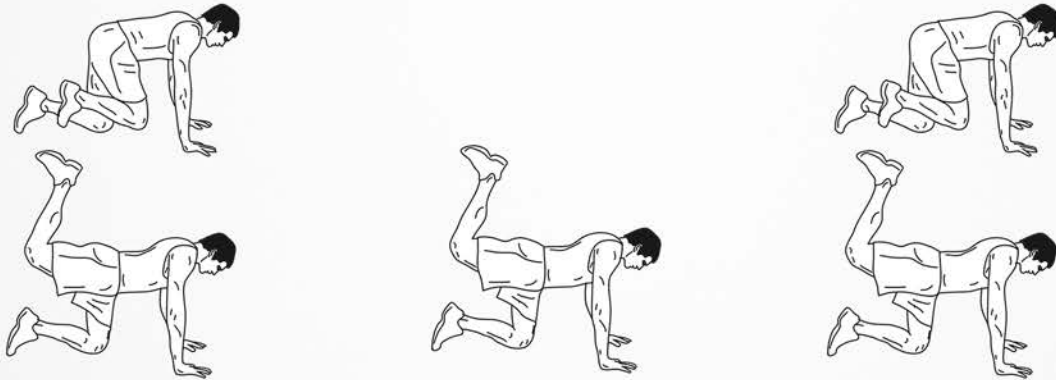
Day 24

No sets

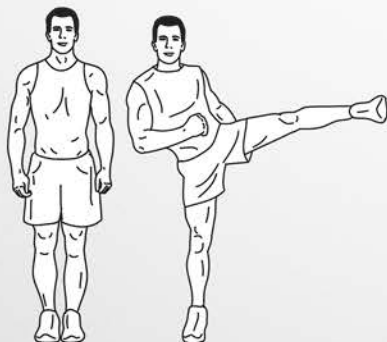
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30sec hold + **30sec** side leg raises + **30sec** hold
change sides and repeat the sequence



30sec upward leg extensions + **30sec** hold + **30sec** upward leg extensions
change sides and repeat the sequence



FINISHER

3 minutes side leg raises

90 seconds per side

full **CIRCUIT**

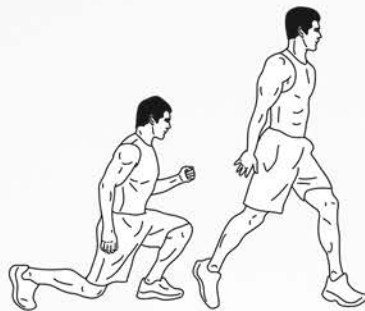
Day 25

7 sets in total

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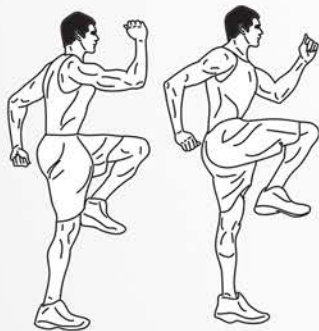
20sec high knees



20sec jumping lunges



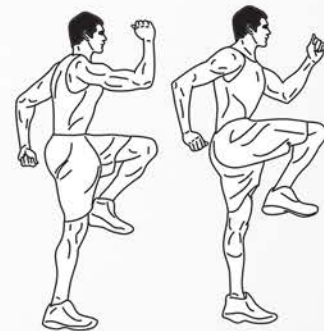
20sec high knees



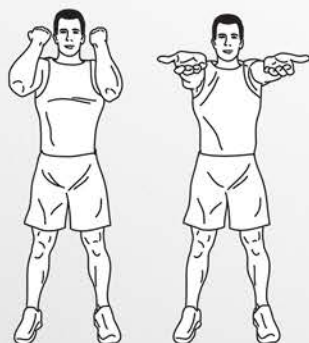
20sec march steps



20sec high knees



20sec march steps



60 seconds bicep extensions

full **CIRCUIT**

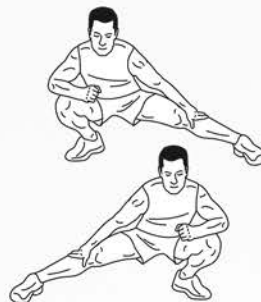
Day 26

7 sets in total

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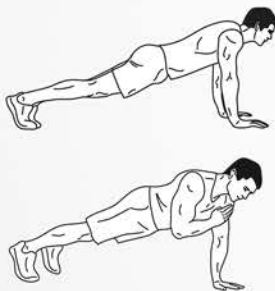
30sec lunges



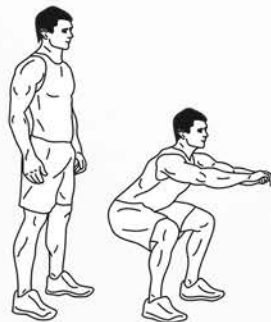
10sec side-to-side lunges



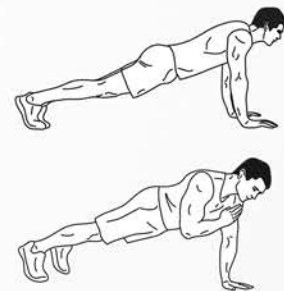
30sec lunges



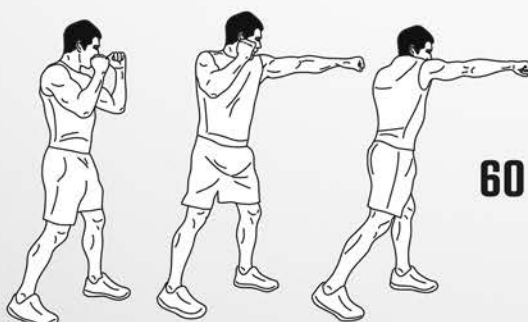
10sec shoulder taps



30sec squats



10sec shoulder taps



60 seconds punches

full **CIRCUIT**

Day 27

3 sets in total

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20sec crunches



20sec heel taps



20sec flutter kicks



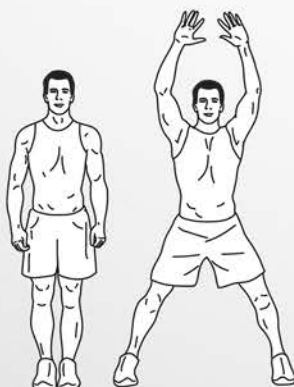
20sec knee-in & twist



20sec leg raises



20sec raised leg hold



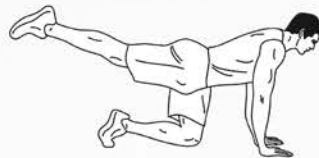
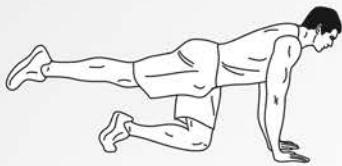
60 seconds jumping jacks

full **CIRCUIT**

Day 28

No sets

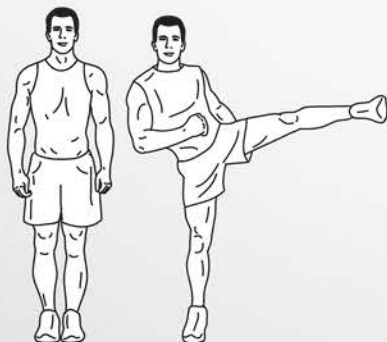
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30sec knee-in extensions + **30sec** hold + **30sec** knee-in extensions
change sides and repeat the sequence



30sec hold + **30sec** leg raises + **30sec** hold
change sides and repeat the sequence



FINISHER

3 minutes side leg raises

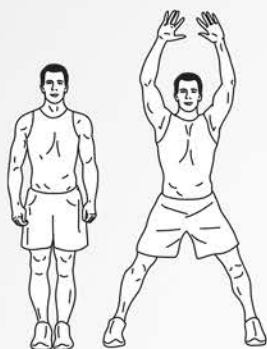
90 seconds per side

full **CIRCUIT**

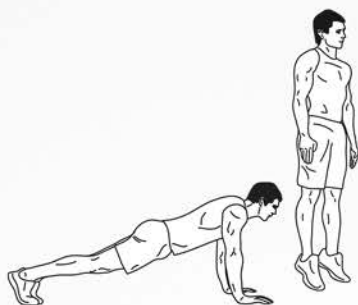
Day 29

7 sets in total

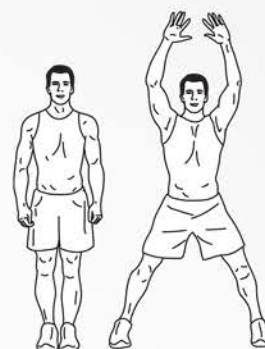
© darebee.com



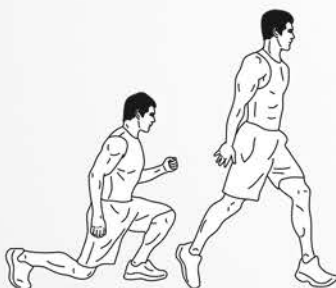
30sec jumping jacks



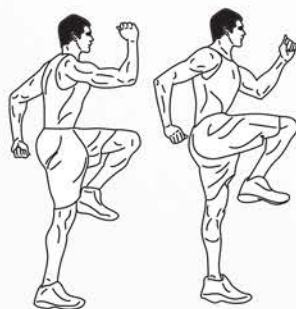
10sec basic burpees



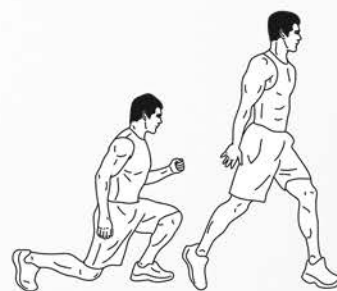
30sec jumping jacks



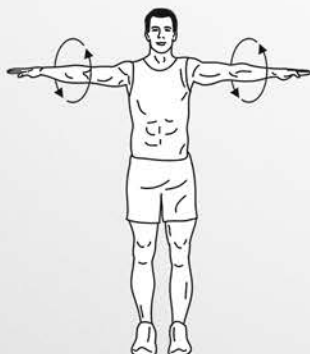
10sec jumping lunges



30sec march steps



10sec jumping lunges



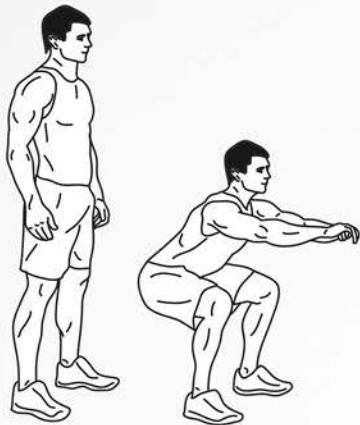
60 seconds raised arm circles

full **CIRCUIT**

Day 30

7 sets in total

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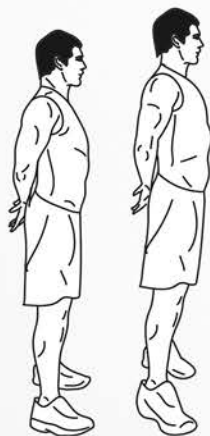


30sec squats

10sec calf raises

30sec squats

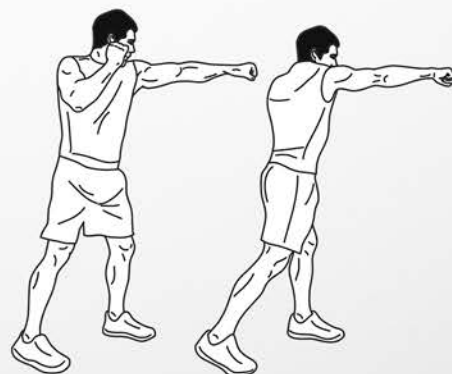
10sec calf raises



30sec squats

10sec calf raises

60 seconds punches



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