



# New Year Challenge

2022

BY INK AND FIT

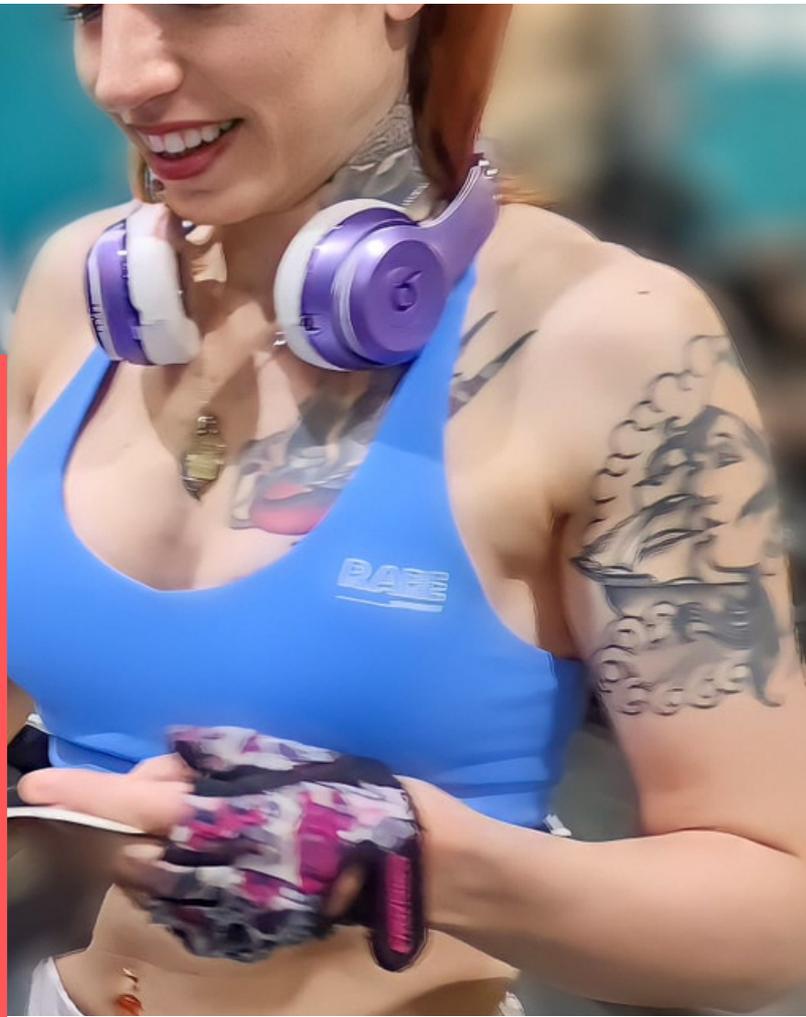
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14 Days

NEW YEAR

CHALLENGE

BY INK AND FIT



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# 14 DAYS NEW YEAR CHALLENGE

I hope you will enjoy this 14 days New Year Challenge.

It have been design to require no or minimal equipment, if you are spending your Holidays by the Beach, if your are travelling or just chilling at home, i wanted you to be able to train from anywhere.

I would recommand to use the programme as follow :

- ✓ **FOR BEGINNERS** or people who haven't exercise for a while to train only on **DAY 1, DAY 2, and DAY 5** (each week).
- ✓ **FOR INTERMEDIATE** train all the planning days **DAY 1 to DAY 6**.

# IMPORTANT INFORMATIONS

- ✓ Consult your Doctor before exercising, he will confirm if you are able to train without any risk otherwise he will give you the right recommendation to do so.
- ✓ Warm Up 10 to 15 minutes before starting the training.
- ✓ Stretch 10 minutes after your workout.
- ✓ DEMO : Watch the Demo and how to perform the exercises on our YouTube Channel @Ink and Fit (soon available, stay tuned)
- ✓ Where to buy Resistance Bands :  
Insta @belusactive - [www.belusactive.com](http://www.belusactive.com)

# Week 1

## Overview

The WEEK 1 is the adaptation week.

For beginners or People who haven't train for a long time it will be the moment for you to make your marks, and to start or to get back in a new routine.

For intermediate, it will be the moment for you to get familiar with the workouts and to get prepare for this 2 weeks. You can increase the difficulty by adding weights or resistance band to the exercises if you have equipment. You can also reduce 15 seconds less the resting time (except for day 6)

## Main Points for the week



Focus on the Form



Focus on Breathing while exercising



Do not forget to Hydrate

At anytime if you feel any pain or discomfort stop the exercise.

# Week 2

## Overview

This week will be the mindset week.

Now you have experienced the first week, tried new exercises or get back on track, this week will seem more familiar to you.

Use this second week to focus and improve the form. More the exercises are executed on the right way, more your muscles are working properly and your results will be better.

### WORK ON YOUR MINDSET.

You are setting up a new routine, and it is not easy to change old habits. After your first week exercising, you probably have muscular pain, feeling uncomfortable or feeling lazy to train.

DO NOT use that as EXCUSES to stop working out this week. Be stronger than your excuses and finish the challenge.

You are 100% capable of!  
Think about that accomplishment feeling once you would have finished the challenge.  
Make you proud of you and remember why you started.

## Main Points for the week



Perfect the Form of exercises



Work on your Mindset

At anytime if you feel any pain or discomfort stop the exercise.

# NEW YEAR CHALLENGE *Week 1+2*

Day 1  
LEG DAY



## DAY 1 - LEG & ABS DAY

BODYWEIGHT SQUAT 1+ 1/4

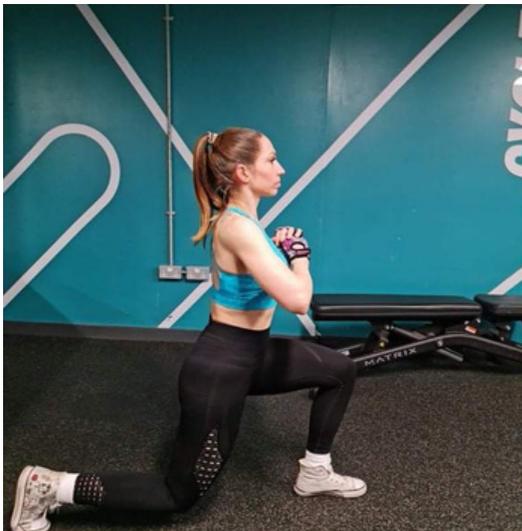
3 SETS X 12 REP

Feet slightly wider than shoulder width apart. Squat down like if you want to sit. Keep your knees in line with your middle toe. Squat down until parallel. Keep your chest tall. Then slight come back up, but not fully, just 1/4 of the position. Squat down again. Then go back to the starting position.

BULGARIAN SPLIT SQUAT

3 SETS X 12 REP

Put one foot up behind you on a bench and drop down like a squat and back up. Pause at the bottom of the movement for 1 second. Drive back to the starting position by pressing through your front heel.



WALKING LUNGES + 1 PULSE

3 SETS X 12 REP

Take a large step forward and perform a wide lunge. Press through the front heel, at the bottom come up halfway, then all the way back down and then stand back up and continue the next repetition doing one more step with the other feet.

# NEW YEAR CHALLENGE

## Week 1+2

### Day 1 LEG DAY



**STEP UP HIGH KNEE  
+ LUNGE BACKWARD**

**3 SETS X 12 REP**

Step up with the right foot, pressing through the heel to straighten your right leg. Bring the left foot to meet your right foot on top of the step. Then lift your left knee as high as it will go, and put your feet down on the step. Bend your right knee and step back down with the left foot. Bring the right foot down to meet the left foot on the ground.

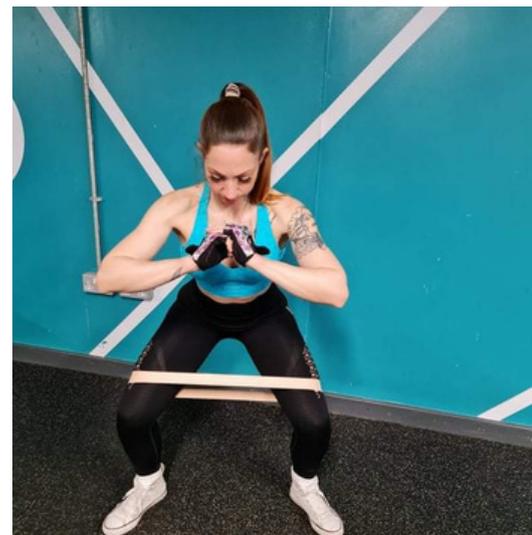
## SUPERSET

**SQUAT HOLD TO STANDING ABDUCTION**

Exercise 1

**3 SETS X 15 REP**

Place your feet shoulder width apart. Lower down to Squat position keeping chest upright core engaged. Staying in squat hold hover. In this position gently pull knees innards and outwards. If you are using a band, make sure to keep the resistance.



## SUPERSET

**MONSTER WALK**

Exercise 2

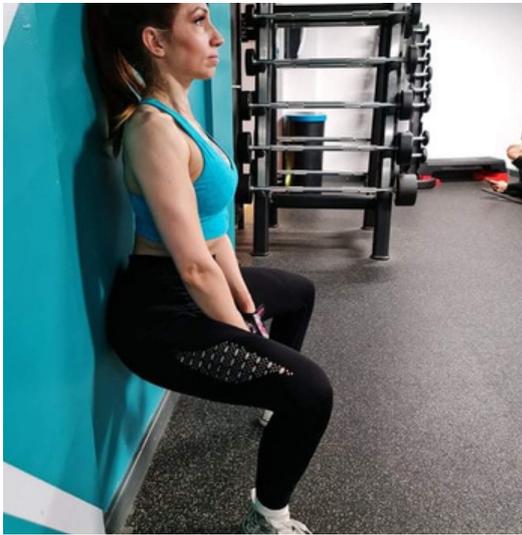
**3 SETS  
X 20 FORWARD  
X 20 BACKWARD**

Squat down until parallel keeping your knees out. Take small steps forwards for the number of reps, then repeat in the opposite direction (backward) assuring glutes are always engaged. Don't stand up between reps!



# NEW YEAR CHALLENGE *Week 1+2*

Day 1  
LEG DAY



## DAY 1 - LEG DAY

WALL SIT  
(weighted)

| 3 SETS X 45 SEC

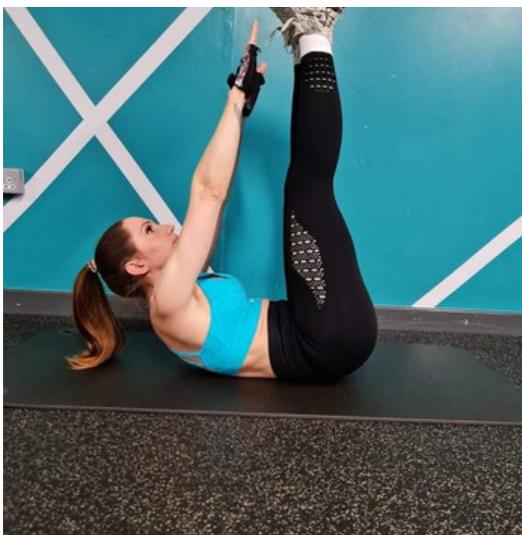
Come into a 90 degree squat position on wall. Make sure feet are shoulder width apart, hips and knees are in line with each other. Core is engaged, glutei are activated and lower back is not arching off the wall. Bring the weight to chest height, and hold the position

## ABS TRI-SET

DEAD BUGS SHOULDERS RAISED  
Exercise 1

| 3 SETS X 12 REP

Lie on mat. Bring legs straight into the air, hover shoulders and reach hands to feet. keeping core engaged, lower one arm and oposite leg towards the mat. Once they both almost hit the mat, come back and repeat on other side. Make sure back stays flat to mat.



## ABS TRI-SET

JACK KNIFES LEG CRUNCH  
Exercise 2

| 3 SETS X 15 REP

Lie flat on mat. Raise your arms and legs straight up into the air. Exhale as you slowly flex your abdomen and try to touch your toes with your fingers. Try to hold the contracted position for 2 seconds. Slowly return to the starting position and repeat

# NEW YEAR CHALLENGE *Week 1+2*

Day 1  
LEG DAY



## ABS TRI-SET

LEG LOWER  
Exercise 3

3 SETS X 12 REP

Lie on your back with legs straight toward the roof keeping knees soft. Slowly lower your legs stopping just above the floor, before rising back to the starting position. Keep your lower back flat and abs engaged the whole time.



# NEW YEAR PROGRAMME *Week 1+2*

Day 2  
UPPER BODY



## DAY 2 - UPPER BODY

### SUPERSET

3 SETS X 12 REP

#### RESISTANCE BAND FRONT RAISE

Exercise 1

Loop a resistance band around your wrists. Your arms are down in front of your hips, arms pressing against the sides of the booty band. Raise the arms up in front of your shoulders, then lower back down

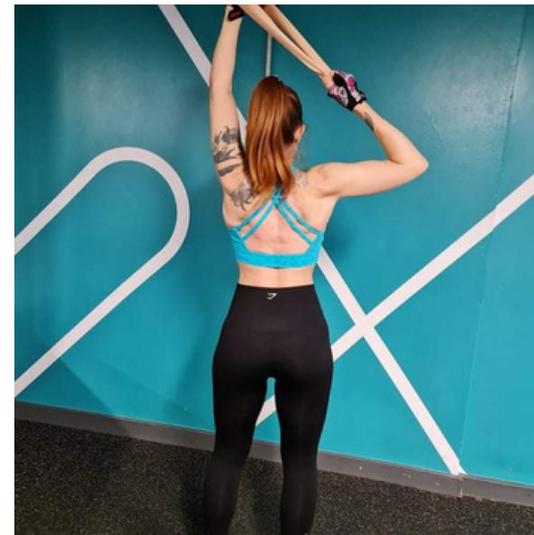
### SUPERSET

#### BAND SINGLE ARM LATERAL PULLDOWN

Exercise 2

Hold a booty band above your head with straight arms, one side in each hand. One arm stays locked out, while the other arm pulls the resistance band down, then releases back up. Once complete 12 rep repeat with the other arm.

3 SETS X 12 REP  
EACH ARM



### SUPERSET

#### RESISTANCE BAND SINGLE ARM BENT ROW

Exercise 1

Loop the band under your right feet. Stand on the band, bending forward slightly, and hold handle just under your knee. Squeeze your shoulder blades together and lift the band up toward your upper rib. Lower the band and repeat.

3 SETS X 15 REP  
EACH ARM



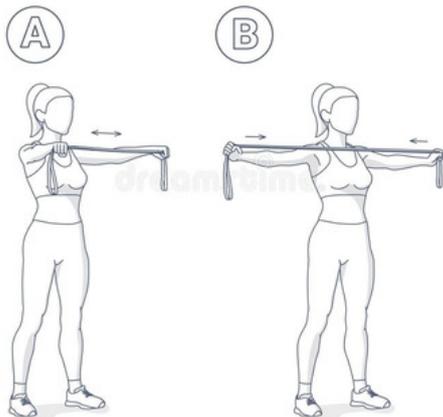
# NEW YEAR CHALLENGE

## Week 1+2

### Day 2 UPPER BODY

#### PULL APART

WITH RESISTANCE BAND



#### SUPERSET

LONG BAND PULL APART  
Exercise 2

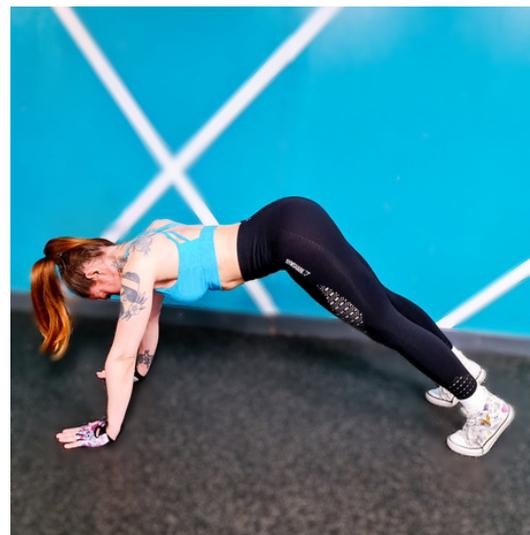
3 SETS X 12 REP

Stand with feet shoulder width apart. Extend your arms straight and hold the band in front of you. There you should be resistance on the band, and your hands should be in line with your shoulders. From starting position extend your arms out wide, your arm should form a "T". From there slowly draw hands back together and repeat.

#### INCH WARM + PUSH UP

3 SETS X 12 REP

Start standing tall. Then place your hands down on the ground, keeping your legs as straight as possible. Then walk on your hands out to move into a plank position. Once into a plank position, bend your elbows and lower your chest down toward the floor, then squeeze back up into a plank position.



#### MAN MAKER

Use Dumbbell if you have

3 SETS X 12 REP

Shoulder width apart on the floor (dumbbell in the hand if you have) get in the high plank position. Feet slightly wider than shoulder width. Complete one push up. Then go back in plank position. Complete one Single arm Dumbbell row each arm. Then jump your feet towards the dumbbells. Bring the DB up so your are holding them over your shoulder. From squat position, Stand up doing an overhead DB Press, lifting the DB up over your head. Return in a squat position, to go back in starting position and repeat.



# NEW YEAR CHALLENGE

## Week 1+2

### Day 2 UPPER BODY



#### SUPERSET

#### AROUND THE WORLD

Exercise 1

3 SETS X 12 REP

From a standing position, feet shoulder width apart. Holding Dumbbell in each hand neutral grip. Arm straight along your body.

Slowly lateral raise your arm straight until shoulder high, and keep on raising the DB over head keeping your arm straight (elbow off lock). Once Both DB almost touch above your head, reverse the movement to go back to the starting position, and repeat.

#### SUPERSET

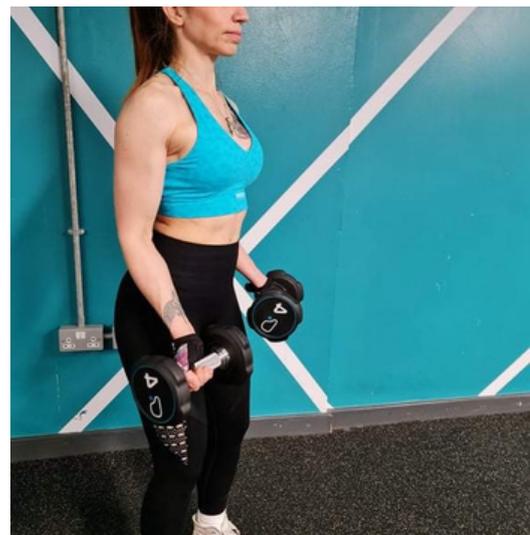
#### POLIQUIN LATERAL RAISE

Exercise 2

Use Dumbbell if you have

3 SETS X 12 REP

From standing position, Feet slightly shoulder width apart, Dumbbell in each hand. Arms standing straight along your body. Curl the Dumbbells up so that your palms are facing the ceiling. Then laterally raise your elbows to shoulder height. Extend your arms to form a "T". Then slowly lower your arms to your midline.



# NEW YEAR CHALLENGE

## Week 1+2

### Day 3 GLUTES & HAMSTRING

## DAY 3 - GLUTES, HAMSTRING

### SUPERSET

**BAND SINGLE LEG B-STANCE RDL**

Exercise 1

**3 SETS X 15 REP**

Stand with band on one foot, and the other foot slightly behind and on your toes.

Loop a band around the bottom of the front foot and hold it with both hands at the other end. Your back should be flat, and hips pushed back behind you. Squeeze the glutei to stand up straight, pulling on the band. Slowly lower your back down.

### SUPERSET

**SQUAT TO GOOD MORNING**

Exercise 2

**3 SETS X 12 REP**

From a standing position, Feet shoulders width apart, squat down until parallel, and push through your heel to back up to the starting position. Once up, keeping a straight back, hinge forward at the hips bringing your torso towards the floor. Squeeze the hamstrings to come back up, and repeat.

**SQUAT HOLD STEP TOUCH FRONT  
+ SIDE+ BACK**

**3 SETS X 12 REP  
EACH LEG**

Hold a half squat position and step out on the side as far as possible with one foot. Keeping all the weight in your other leg. Then return to the squat position and step up with one foot backward. Then return to the squat position and repeat for the opposite leg, keeping as much of tension on the band the whole time. The wider your steps is, the harder this is.

# NEW YEAR CHALLENGE

## Week 1+2

Day 3  
GLUTES  
& HAMSTRING



### BACK FOOT ELEVATED LUNGE

Exercise 2

3 SETS X 12 REP  
EACH LEG

Place your back foot on weight plate, and step one foot forward. Once in position, push forward into lunge position. In the downward motion drive weight into front foot. Your front knee can push over your front toe. Pause for 2 seconds at base of the lunge, and then drive back to starting position.

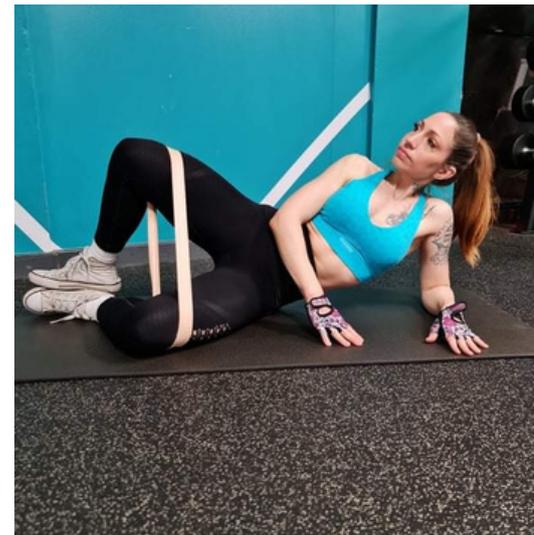
### SUPERSET

#### RESISTANCE BAND CLAMS

Exercise 1

Loop the band around your legs just above the knees and lie down on one side. Bend the knees to 90 degrees, bringing the heels towards your butt. Lifts your top knee up to the ceiling, keeping the feet together. Pause at the top for 1-2 seconds and then return to start position. Repeat on one side then the other.

3 SETS X 15 REP  
EACH LEG



### SUPERSET

#### SIDE LYING ABDUCTION

Exercise 2

3 SETS X 15 REP  
EACH LEG

Place the band just above your knees. Lie on one side with your lower knee bent. Lean your upper body on your elbow, brace your abs and keep a straight spine. Extend your upper leg in front. Turn your extended foot inward. Raise your leg as high as you can and slowly lower again and repeat.

# NEW YEAR CHALLENGE *Week 1+2*

Day 3  
GLUTES  
& HAMSTRING



## SUPERSET

### GLUTE BRIDGE + ABDUCTION

Exercise 1

3 SETS X 15 REP  
EACH LEG

Lie on the floor with a band around your knees. Knees are bent with your feet on the floor, hip width apart. Squeeze the glutes and lift the hips up towards the ceiling. At the top abduct your legs out to the side feeling a squeeze in your glutes, then bring them back in to centre then lower back down.

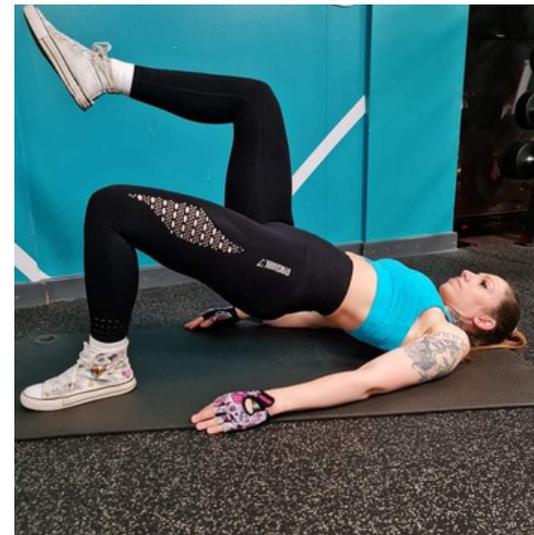
## SUPERSET

### SINGLE LEG GLUTE BRIDGE

Exercise 2

3 SETS X 15 REP  
EACH LEG

Lie on your back on the floor with one foot on the floor and the other lifted up. Press through the heel on the floor to lift your hips up towards the ceiling. At the top pause 2 seconds and squeeze your glutes, then bring back down to the starting position and repeat. Once completed all your reps, switch leg.



## FINISHER

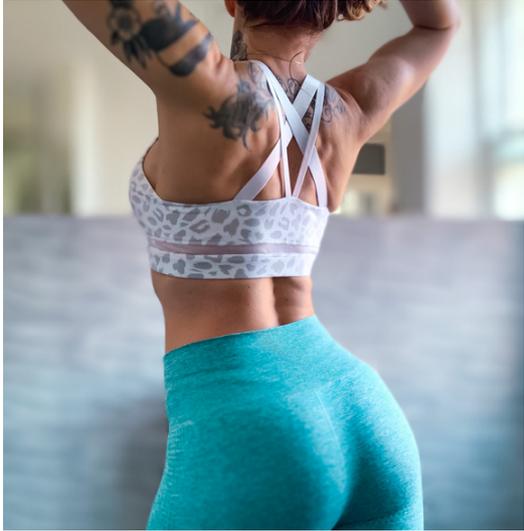
Perform all the exercises back to back with no rest.  
Once done, take 45 seconds rest, and start the next round.

EXECUTE 3 ROUNDS.

# NEW YEAR CHALLENGE

## Week 1+2

Day 3  
GLUTES  
& HAMSTRING



### FINISHER

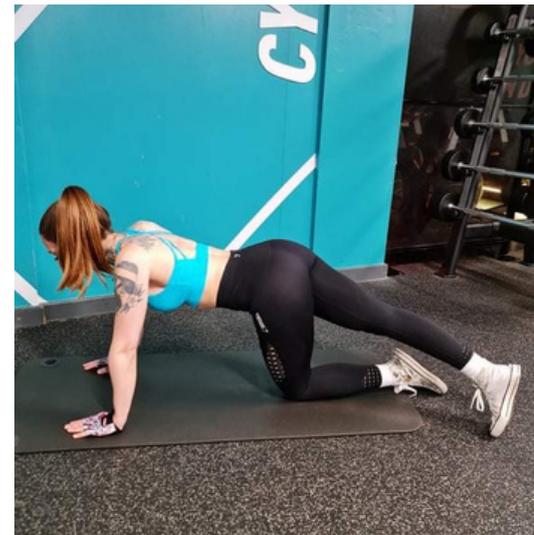
3 ROUNDS X 20 REP/EXERCISE  
EACH LEG

KICK BACK CROSS OVER x 20 rep  
FIRE HYDRANT x 20 rep each leg  
FIRE HYDRANT PULSE x 20 each leg  
DONKEY KICKS x 20 each leg  
DONKEY KICKS PULSE x 20 each leg  
SINGLE LEG RAISE x 20 each leg  
SINGLE LEG RAISE PULSE x 20 each leg

#### KICK BACK CROSS OVER x 20 rep each leg

Stand on all four keeping your back flat. Lift one leg and drive the heel up toward the ceiling, keeping a slight bend in the knee, squeezing your glutes as you go. Lower your leg back down to cross over your opposite leg, tapping your toes to the floor, then bring it back to tabletop and repeat with the other leg.

L



#### FIRE HYDRANT x 20 rep each leg

Wrap the booty band just above your knees. Get on your hands and knees with your wrists aligned under your shoulders and knees under your hips. Lift your left leg parallel to the floor with your knee bent and foot flexed. Slowly return to the starting position and repeat for same side.

#### FIRE HYDRANT PULSE x 20 each leg

Perform on the same way than above, but once your leg is lifted on the top, keep this position and pulse slightly up and down for the number of reps indicated.

# NEW YEAR CHALLENGE *Week 1+2*

Day 3  
GLUTES  
& HAMSTRING



## DONKEY KICKS x 20 each leg

Wrap the band just above your knees. Get on your hands and knees with your wrist aligned under your shoulders and knees under hips. Lift your left leg parallel to the floor with your knee bent and foot flexed. Slowly return to the starting position and repeat for the same side.

## DONKEY KICKS PULSE x 20 each leg

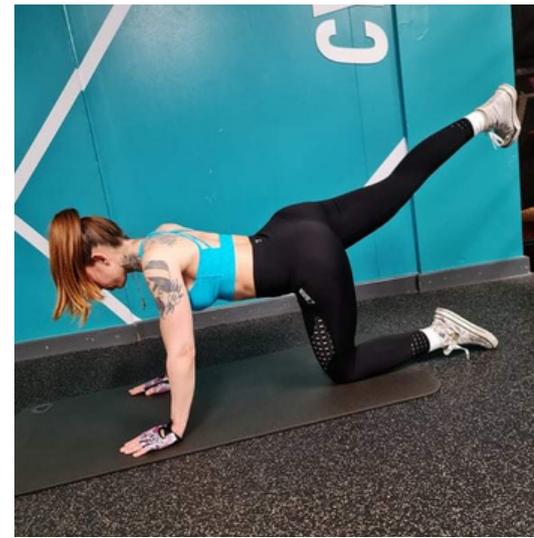
Perform on the same way than above, but once your leg is lifted on the top, keep this position and pulse slightly up and down for the number of reps indicated.

## SINGLE LEG LIFT x 20 each leg

Start on all fours with right leg extended long on mat. Squeeze right glute and hamstring to lift right leg up towards the ceiling. Slowly lower and repeat. Make sure abs are tight and back straight.

## SINGLE LEG LIFT PULSE x 20 each leg

Perform on the same way than above, but once your leg is lifted on the top, keep this position and pulse slightly up and down for the number of reps indicated.



# NEW YEAR CHALLENGE

## Week 1+2

Day 4  
FULL BODY



### DAY 4 - FULL BODY

Perform all the exercises back to back with no rest. Once done, take 60 seconds rest, and start the next round.

#### EXECUTE 3 ROUNDS

For each circuit.

Do the Abs Circuits after your 3 rounds of Full Body circuit

#### FULL BODY CIRCUIT

| 3 ROUNDS

- SQUAT JUMP x 12 rep
- BENCH DIPS x 10 rep
- STEP UP + KNEE UP x 8 each leg
- BURPEES x 6 rep
- DECLINE PUSH UP x 8 rep
- SLOW MOUNTAIN CLIMBER x 10 each leg
- PLANK SHOULDER TOUCH x 12 rep



Perform all the exercises back to back with no rest. Once done take 45 sec rest, and do another round. Execute 3 rounds.

#### ABS CIRCUIT

| 3 ROUNDS

- V-SIT x 20 rep
- BICYCLE CRUNCH x 20 rep
- HIP RAISE + LEG LOWER x 12 rep
- RUSSIAN TWIST x 20 rep

# NEW YEAR CHALLENGE

## Week 1+2

### Day 4 FULL BODY



## FULL BODY CIRCUIT

SQUAT JUMP | X 12 REP

Bend your knees and lower yourself down into a squat position. Keep your chest upright, knees and hips back. Push out of the balls of your feet and explosively jump up as high as you can. When your feet touch the floor, immediately squat down and repeat.

BENCH DIPS | X 10 REP

Sit down on a bench, hands next to your thighs. Walk your feet out and extend your legs, lifting your bottom off the bench and holding there with extended arms.

Hinging at the elbow lower your body down as far as you can go, until your arms form a 90 degree angle.

Push up through your palms back to the start. Repeat



STEP UP TO KNEE UP | X 8 REP

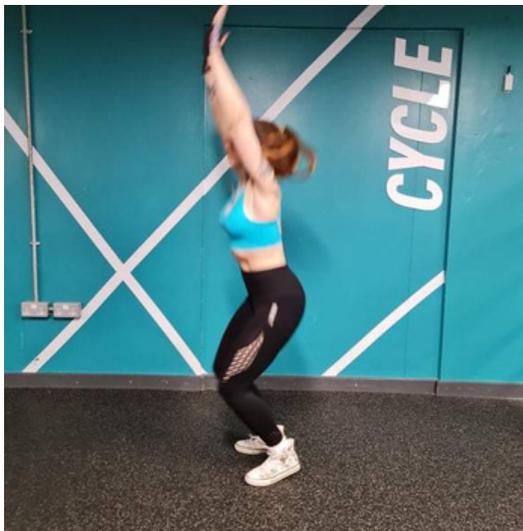
Step up on a chair or bench with one leg by driving up with the heel of the raised leg.

Then bring the leg straight up until your knee is in line with your hip. Put your leg down on the bench and step down to the starting position. Alternate the leg and repeat.

# NEW YEAR CHALLENGE

## Week 1+2

Day 4  
FULL BODY



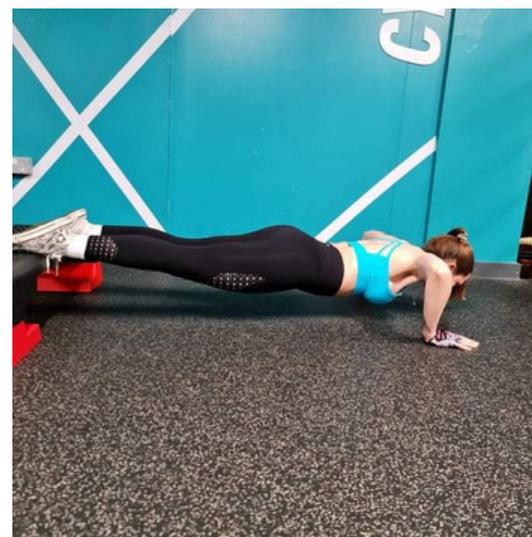
### BURPEE | X 6 REP

Start with feet shoulder width apart and standing tall. Lower both hands onto the ground and jump both feet backwards, bringing you into a raised plank position. Jump feet toward hands, stand upright and explosively jump straight up. Repeat.

### DECLINE PUSH UP | X 8 REP

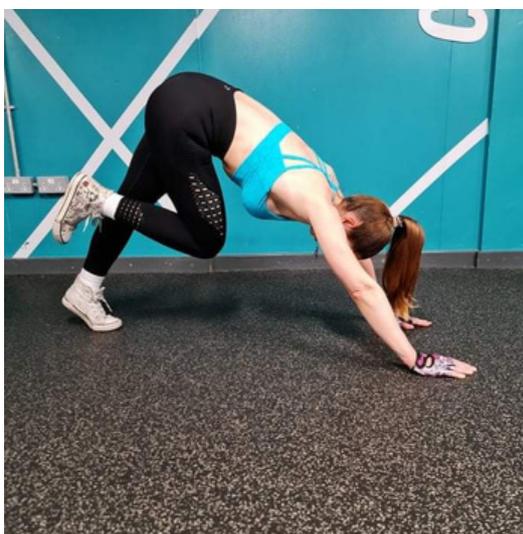
Place your feet up on a chair or a bench and your hands on the floor. Your body should be straight from your shoulder to your feet, with shoulder stacked over your hands.

Bend the elbows and slowly lower your chest down towards the floor, then push back up until your arms are straight. Squeeze the floor with your hands the whole time.



### SLOW PAUSED MOUNTAIN CLIMBER | X 10 REP

Come to a plank position. Bring one knee up towards the opposite side elbow, holding for few seconds and squeezing core, then place your foot back on the floor. Alternate sides.



# NEW YEAR CHALLENGE *Week 1+2*

Day 4  
FULL BODY



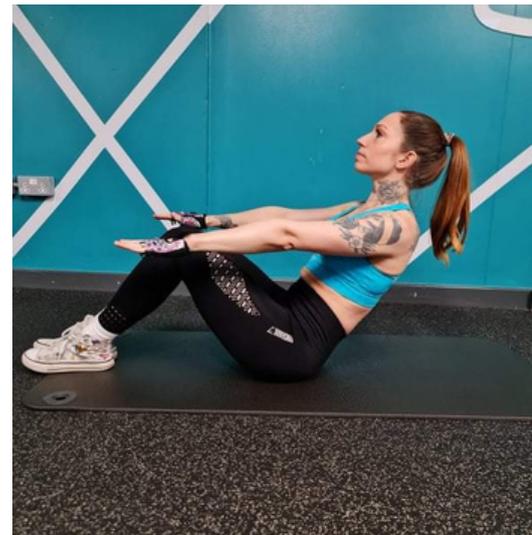
## PLANK SHOULDER TOUCH | X 12 REP

Come to a plank position. Keep the plank still, and take one hand to tap your opposite shoulder. Alternate arms.

## ABS CIRCUITS

### V-SIT | X 20 REP

Come to ground in hover position. Extend legs straight out (if you need to make easier, bring feet fully to ground) and lower backwards to almost ground. Keep core engaged and chin tucked in. Put body back up to starting position and repeat.



### BICYCLE CRUNCH | X 20 REP

Lying on the floor, flat back and core engaged. Bring your knees to 90 degree angle, "Table Top" position. Bring your elbows out wide, and gently rest hands behind head. From this position slowly lower one leg straight and then pull back to chest. Reach one elbow across body to opposite knee. Repeat, alternating between left and right.

# NEW YEAR CHALLENGE

## Week 1+2

Day 4  
FULL BODY



HIP RAISE TO LEG LOWER

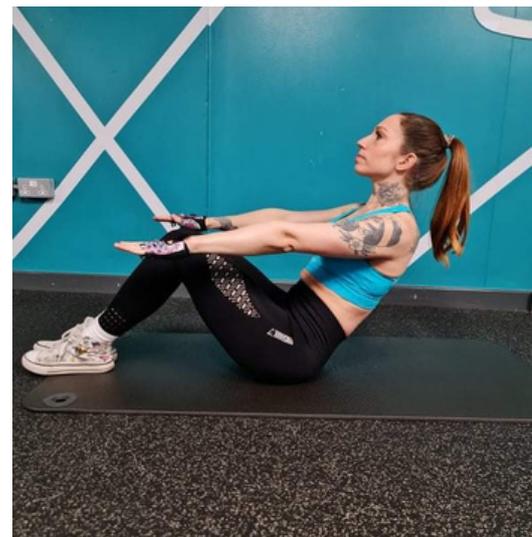
| X 12 REP

Lie flat on ground. Bring your legs straight up to 90 degree angle. Lower down to almost ground ensuring lower back doesn't arch off ground. Come back to starting position and pull feet toward roof, lifting hips off the ground. Slowly lower back down and repeat.

V-SIT

| X 20 REP

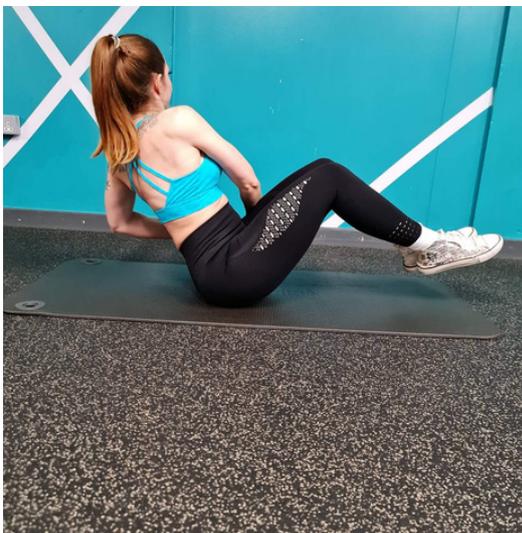
Come to ground in hover position. Extend legs straight out (if you need to make easier, bring feet fully to ground) and lower backwards to almost ground. Keep core engaged and chin tucked in. Put body back up to starting position and repeat.



RUSSIAN TWIST

| X 20 REP

Hold a weight or Dumbbell in your arms if you have. Lift your chest and legs so they are off the ground. Slowly twist your upper body from side to side leaning with the weight. Both sides count as 1 rep.



# NEW YEAR CHALLENGE

Week 1

Day 5  
FULL BODY & ABS



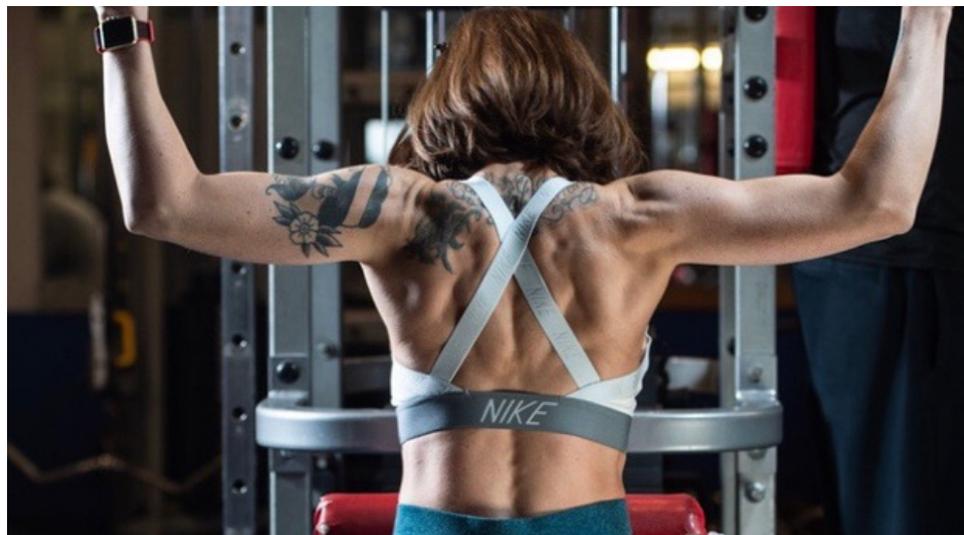
## DAY 5 - FULL BODY & ABS

Perform all the exercises back to back with no rest.  
Once done take 60 sec rest, and do another round

Execute each exercise for 12 rep.  
Repeat the Circuit for 3 rounds.

GOBLET SQUAT  
DECLINE PUSH-UP  
THRUSTER  
LATERAL LUNGE TO PRESS FORWARD  
LATERAL TO BACKWARD TOE TOUCH  
CURL TO OVERHEAD PRESS  
TRICEPS OVERHEAD EXTENSION  
SQUAT JUMP  
MOUNTAIN CLIMBER  
SIT UP OVERHEAD  
RUSSIAN TWIST

3 ROUNDS  
12 REP EACH EXERCISE



# NEW YEAR CHALLENGE

## Week 1+2

### Day 5 FULL BODY & ABS



#### HEELS ELEVATED GOBLET SQUAT

| X 12 REP

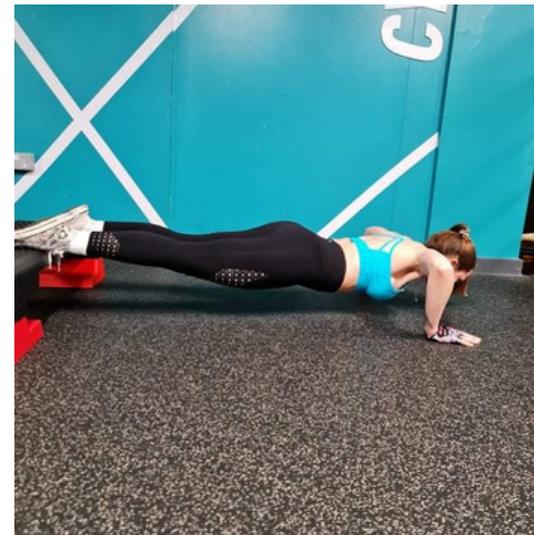
Hold a weight if you have under your chin and place your heels elevated on a weight plate or book. When you are squatting down, keep your knees in line with your big toe.

Keep your chest up each rep to really work your upper back mobility. Ensure you are going below parallel for maximum glute / hamstring activation.

#### DECLINE PUSH UP

| X 12 REP

Place your feet on a bench or step, and your hands on the floor. Your body should be straight from your shoulders to your feet, with shoulders stacked over your hands. Bend the elbows and lower your chest down towards the floor, then squeeze the chest muscles to push back up.



#### THRUSTER

| X 12 REP

Hold a weight in each hand if you have, in front of your shoulder.

Stand with your feet shoulder width apart. Squat down until your thighs are parallel to the floor.

Stand up and extend your arms over your head.

Bend your arms, return to the starting position and repeat.

Be explosive in your movement.

# NEW YEAR CHALLENGE

## Week 1+2

### Day 5 FULL BODY & ABS



#### LATERAL LUNGE TO PRESS FORWARD | X 12 REP

Hold a weight against your chest if you have. Lunge down to one side, extend your arms in front of you, shoulders high, keep your elbows slightly bent, then bent your arm back toward your chest.

Step back to the center then move across the other leg. This is 1 rep. Pause at each side for 1 or 2 seconds and squeeze your glutes.

#### SQUAT HOLD + TAP LATERAL + TAP REVERSE

| X 12 REP

Bring your feet shoulder width apart, toes gently pointing outwards. Lower down into a squat position, with knees in line with toes, chest open, shoulders down and back, recruiting glutes and core engaged. Once in squat hold, tap one leg out to the side, then tap backwards, then bring back to center. Repeat with other leg.



#### CURL TO OVERHEAD PRESS | X 12 REP

Hold a weight with both hands and arms straight and down in front of the body.

Bend elbows and curl the plate up towards your collar bone, the press through the hands and extend the arms, lifting the weight directly up vertically overhead. Bend the elbows to bring the weight back to your chest and extend the elbows with control to return to start position.

# NEW YEAR CHALLENGE

## Week 1+2

### Day 5 FULL BODY & ABS



#### OVERHEAD TRICEPS PRESS

| X 12 REP

From a standing position, feet shoulders width apart. Keep your back straight with a neutral spine and Hold a weight with both hands and arms straight extended over your head.

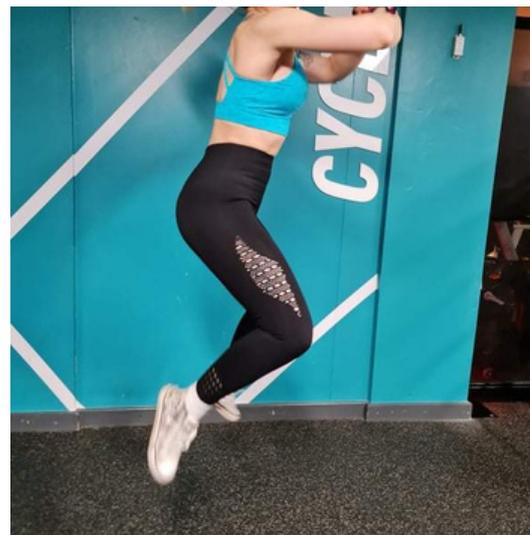
Focusing in keeping your elbows in line with your ears and close your body and hinging from your elbows for each rep. Bend your elbows and slowly bring the weight down in the back of your head. Press up to bring it back to the starting position. Concentrate on full range each rep.

#### SQUAT JUMP

| X 12 REP

Bend your knees and lower yourself down into a squat position. Keep your chest upright, knees out and hips back. Push out of the balls of your feet and explosively jump up as high as you can.

When your feet touch the floor, immediately squat down and repeat.



#### MOUNTAIN CLIMBER

| X 12 REP

On the floor in a push up position, stabilise the core and lift one leg bringing the knee towards the chest, then extend back out to start position. Repeat on the other leg. Perform this movement as fast as possible.

# NEW YEAR CHALLENGE

## Week 1+2

Day 5  
FULL BODY & ABS



SIT UP TO RAISE WEIGHT

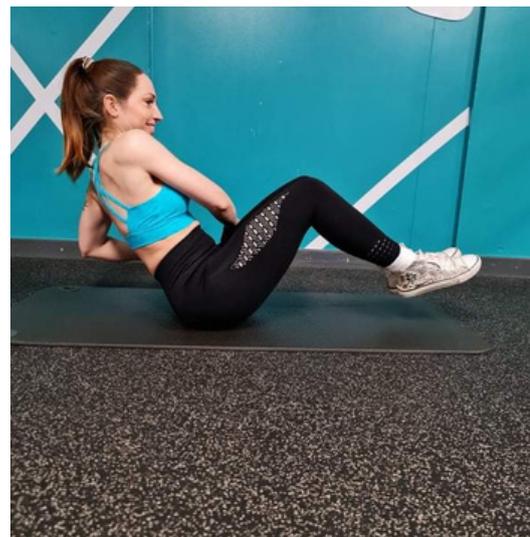
| X 12 REP

Bring the feet shoulder width apart, flat on the ground. Lying down with lower back onto the mat, extend your arm and weight straight above your head. Engage your core and plant feet firmly on ground. From base position roll shoulders off the mat and reach weight towards the roof. Once at top of the exercise, slowly lower back to starting position

RUSSIAN TWIST

| X 12 REP

Hold a weight or Dumbbell in your arms if you have. Lift your chest and legs so they are off the ground. Slowly twist your upper body from side to side leaning with the weight. Both sides count as 1 rep.



# NEW YEAR CHALLENGE

## Week 1+2

### Day 6 HIIT



## DAY 6 - FULL BODY HIIT

Perform each exercise for 40 sec, then active rest 20 sec by jogging on spot, then do the next exercise for 40 sec and active rest for 20 sec by jogging on spot and so on until the end of the circuit.

Once completed repeat the circuit again straight away.

Repeat the Circuit for 3 rounds.

40 seconds ON / 20 seconds OFF

SPEED HIGH KNEE

SQUAT + HIGH KNEE RAISE

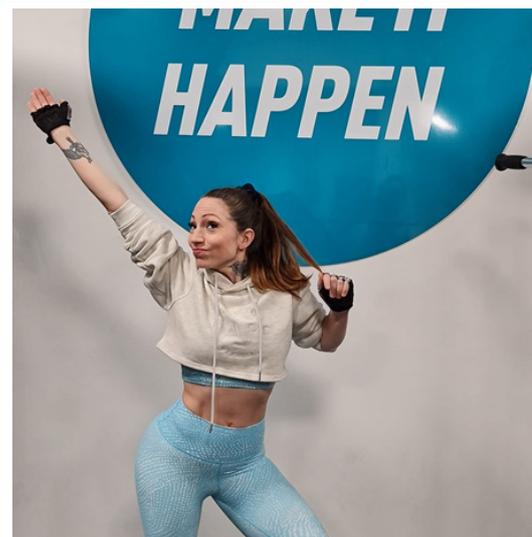
ALTERNATING CURTSY LUNGE

INCH WARM

4 MOUNTAIN CLIMBERS + 1 PUSH UP

MILITARY PLANK

PUSH UPS



INSTA @INK.AND.FIT

# NEW YEAR CHALLENGE

## Week 1+2

### Day 6 HIIT



#### SPEED HIGH KNEES

| 40 SEC ON / 20 OFF

Stand with your feet hip width apart. Drive your right knee up as high and as fast as your can, and quickly set it back down on the ground. Switch fast and do the same with your left knee.

#### SQUAT + HIGH KNEES

| 40 SEC ON / 20 OFF

Feet slightly wider than shoulder width apart. Squat down like if you want to sit. Keep your knees in line with your middle toe. Squat down until parallel. Keep your chest tall. Then slight come back up to the starting position and Drive your right knee up as high as you can, put your leg back to the floor and immediately squat down. Then back up to the starting position and switch leg and drive now your left knee up. Then go back to the squat position and repeat.



#### ALTERNATING CURTSY & SQUAT

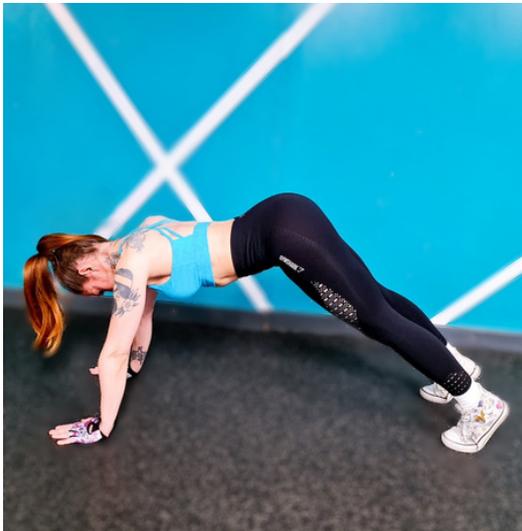
| 40 SEC ON / 20 OFF

Stand with your feet hip width apart. Hold a half squat position and take a step back with one foot, bringing behind your opposite leg and lunge down. Then return to the half squat position and alternate leg. Return to the squat position, do a squat and return to the starting position and repeat. Alternate and control each step using your glutes.

# NEW YEAR CHALLENGE

## Week 1+2

### Day 6 HIIT



#### INCH WORM

| 40 SEC ON / 20 OFF

From a standing position shoulder width apart, hinge your body forward and walk your hands out in front of you along the floor, keeping your feet in place.

Continue walking your arms out until plank position. Then bend your elbow to do a push-up and then return to the starting position walking back your hand to your feet. Continue hinging your body up until your palm meet your feet, and stand up. Then repeat.

#### 4 MOUNTAIN CLIMBERS + 1 PUSH UP

| 40 SEC ON / 20 OFF

Come to a plank position. Bring one knee up towards the opposite side elbow. Then place your foot back on the floor. Alternate side. Do it 4 times as fast as possible. Keep the plank position and bend your elbow to perform one plank. Then go back to the starting position and repeat.



#### MILITARY PLANK

| 40 SEC ON / 20 OFF

Come to a plank position. Bend your left arm so that it is now in forearm plank position.

Then bend your right arm so your are in a full forearm plank position.

Lift your left hand and place it directly below your shoulder as you push through your palm to lift yourself.

As you reach the top, place your right palm on the floor under your right shoulder and push back into a full plank.

Repeat.

# NEW YEAR CHALLENGE *Week 1+2*

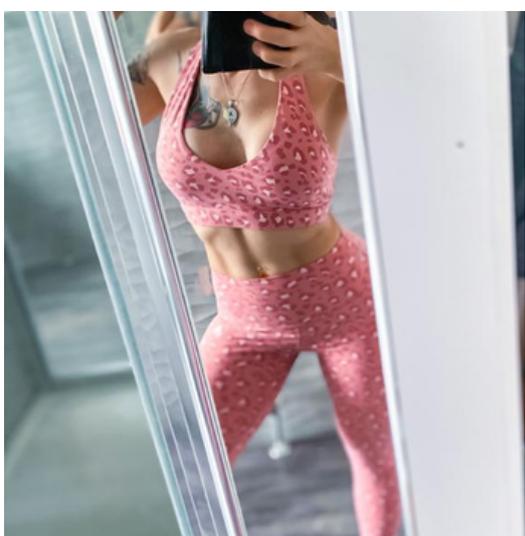
Day 6  
HIIT

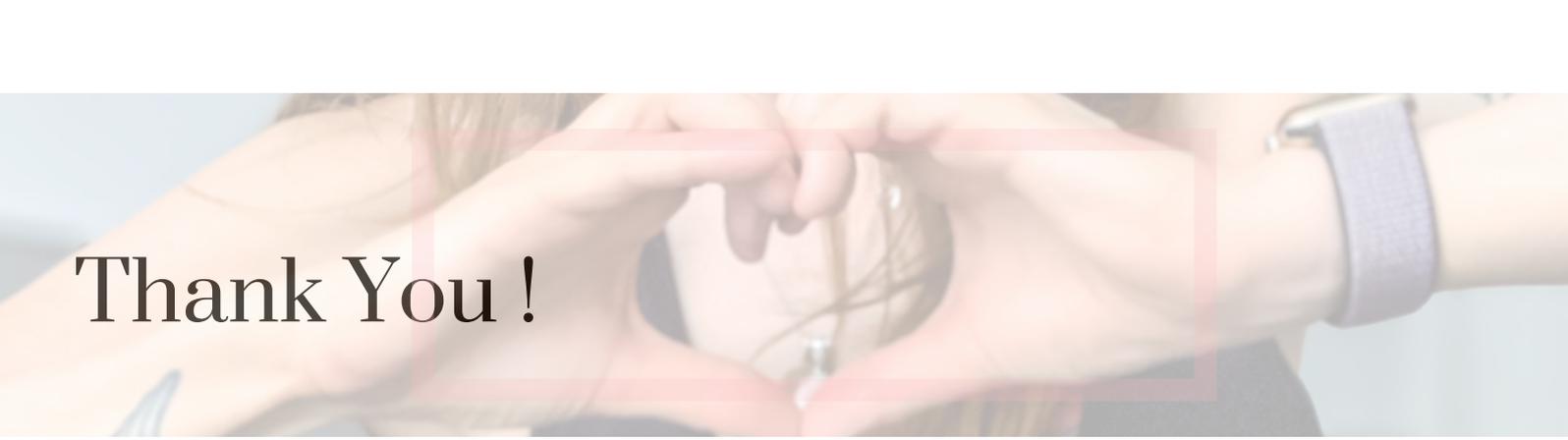


PUSH UPS

| 40 SEC ON / 20 OFF

Come to a plank position. Lower your body down towards the floor, bending your elbows back until your a almost touching the floor. Then press the body back up to a plank position, keeping your body nice and straight.





# Thank You !

## THANK YOU

We would love to THANK YOU for downloading this New Year Challenge and we really hope you enjoyed it.

Your support really means A LOT for us !!! We created Ink and Fit from our passion for Fitness with a will to share it with other Fitness Enthousiast and with a main goal to help others.

Feel free to tag us on your Videos or Pictures if you are trying the programme or to write us your feedback at [team@inkandfit.com](mailto:team@inkandfit.com)

We wish you the most wonderful wonderful Year 2022.

THANK YOU FOR YOUR SUPPORT, WE LOVE YOU !

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TIKTOK @Ink and Fit
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TWITCH (Live Workout) - @InkandFit





# Terminology

## Rep

Refers to the number of repetitions of each exercise you will do. One rep is a single completion of the full range of motion of an exercise.

## Set

Refers to a certain number of repetitions that are performed one after the other without rest.

## Superset / Tri-set

Superset : Refers to performing two exercises back to back without rest. Once you have finished both exercises, then you rest. This is counted as one superset. When you see "3 sets" next to an exercise within a superset, it means you have to complete the superset 3 times. NOT the first exercise 3 times and then the second one.

Tri-Set : Exactly the same principle than the Superset, but instead of executing 2 exercises back to back (superset) you are performing 3 exercises in a row without rest. This is counted as one Tri-set.

## Notes





# Terminology

## Resting Time

The length of time you will rest between sets

## 1 & 1/4 Rep

Perform one full range of motion of the exercise and back to back perform only 1/4 of the following rep.

## Circuit

Complete 3 or more exercises in succession without rest. (rest where specified, usually at the end of all the indicated exercises), then repeat for the specified number of rounds/ sets

## Notes







# Activity Page

Write 3 Goals

Write 2 Things to improve

Write one thing you are Grateful for

What is your biggest struggle

MOTIVATION QUOTE

*Success is the sum of small efforts  
repeated day in and day out*



# WEEK 1 *Planner*

DATE \_\_\_\_\_

MONDAY

**DAY 1**

LEGS DAY

TUESDAY

**DAY 2**

UPPER  
DAY

WEDNESDAY

**DAY 3**

GLUTES  
DAY

THURSDAY

**DAY 4**

FULL BODY  
DAY

FRIDAY

**DAY 5**

FULL BODY  
& ABS  
DAY

SATURDAY

**DAY 6**

HIIT DAY

SUNDAY

**REST DAY**

TO DO

You  
are  
beautiful

# WEEK 2 *Planner*

DATE \_\_\_\_\_

MONDAY

**DAY 1**

LEGS DAY

TUESDAY

**DAY 2**

UPPER  
DAY

WEDNESDAY

**DAY 3**

GLUTES  
DAY

THURSDAY

**DAY 4**

FULL BODY  
DAY

FRIDAY

**DAY 5**

FULL BODY  
& ABS  
DAY

SATURDAY

**DAY 6**

HIIT DAY

SUNDAY

**REST DAY**

TO DO

- 
- 
- 
- 

You  
can  
do it