



10-DAY FITNESS CHALLENGE

Doing what is right for your mind, body, and heart is worth moving for!

The 10-Day Fitness Challenge was designed to be simple. Don't overthink it; take action! If you find it challenging to get started, then plant in your mind that you accept such difficulty and start anyway.

Feel free to incorporate your own fitness ideas as this is meant to be a helpful guide. **You can start any day....**





10-DAY OVERVIEW

- (2) BOXING SESSIONS
- (2) HIIT CLASSES
- (2) YOGA SESSIONS
- (1) 2 MILE RUN
- (3) REST DAYS

BOXING

1 - BOXING SESSION

Round 1
60 Sec Warm up punches
60 Sec Jump Rope
10/9/8/7/6/5 - Weighted Squats

Round 2
60 Sec punches
10/9/8/7/6/5 - Burpees

Round 3
60 Sec Cross/Hook (moderate)
45 Sec Cross/Hook (intense)
30 Sec One,Two,One,Two

Round 4
60 Sec Jab, Jab, Cross (moderate)
45 Sec Jab, Jab, Cross (intense)
30 Sec One,Two,One,Two

Round 5
60 Sec Cross, LHook, Cross (mod)
45 Sec Cross, RHook, Cross (mod)
30 Sec One,Two,One,Two

2 - BOXING SESSION

Round 1
30 Sec - Cross/Hook (Moderate)
15 Sec - One, Two, One Two (Max)

Round 2
10/8/6/4/2 Burpees

Round 3
(5) Jump Squats
25 Punches (Max)

Round 4
10/8/6/4/2 Squats

Round 5
20/18/16/14/12/10
Freestyle Punches

YOGA/STRETCH

For these sessions, I want to turn your attention to the YouTube Channel, MadFit.

Maddie Burner is the creator behind the MadFit. She is elegant, strong, and her wellness vibe is admirable. The following yoga/stretching sessions are from two of her YouTube videos.

1 | 20 MINUTE FULL BODY STRETCH YOGA FOR STRESS & ANXIETY BY MADFIT

De-stress with this 20 minute calming yoga routine that includes light and easy full body stretches for stress relief and anxiety.



2 | 20 MIN LOWER BODY STRETCH FOR RECOVERY AND FLEXIBILITY (HAMSTRINGS, BUTT, & HIPS)

This is a quick routine that is focused mainly on the hips and hamstrings. Perfect for recovery/sore muscles and working on your flexibility!



HIIT EXERCISES

1 - RUN & TAKE 5

Run 1 Mile or Row 1000 meters

Take 5 Circuit
+ 10 Push Ups
+ 30 Second Squat Hold
+ 10 Half Burpees
+ 10 Side Lunge (alternate)
+ 10 Plank Jacks
Do each set 5x each.

Run 1 Mile or Row 1000 meters



2 - RUN & TAKE 5

Run 1 Mile or Row 1000 meters

Take 5 Circuit
+ 10 Butt Kicks
+ 10 Air Squats
+ 10 Reverse Lunges (alternate)
+ 10 Sumo Squats
+ 30 Seconds High Knees
Do each set 5x each.

Run 1 Mile or Row 1000 meters



RUN DAY - 2 MI

REST

After a hard day's work, rest is essential. We're going to call these days active recovery.

Make a list of things that help you feel restful. Perhaps a spa afternoon, reading a good book, taking a long walk, or a trip to the beach. The purpose of a rest day is to do things that soothe your mind.

Are you ready to commit to the 10-Day Fitness Challenge?



YOUR FITNESS CALENDAR

1 DATE:
WORKOUT:

2 DATE:
WORKOUT:

3 DATE:
WORKOUT:

4 DATE:
WORKOUT:

5 DATE:
WORKOUT:

6 DATE:
WORKOUT:

7 DATE:
WORKOUT:

8 DATE:
WORKOUT:

9 DATE:
WORKOUT:

10 DATE:
WORKOUT:



ABOUT

The purpose of Sunset Hour is to help our readers take space for wellness and clarity by providing healthy living tips and encouragement. Now that you have signed up for The Sunset Pass - follow along for insightful reads on self-care, nutrition, fitness, mindset work, and product reviews.

The information we provide through sunsethour.co is simple and meant to simplify your life. www.sunsethour.co