

EffiFit Challenge Week 1 and 2 Workouts

Warm up

10 arm swings forward
10 arm swings backward
10 arm swings across the chest
10 leg swings each leg
5 inchworm
15 second plank hold
10 second plank hold each side
10 slow lunges
20 jumping jacks
30 high knees
30 butt kickers
10 squats
10 push-ups

Day 1

[Demo with modifications](#)

[Demo without modifications](#)

4 rounds (if you're feeling great, do a 5th round):

5 push-ups
10 burpees (no push-up)
15 squats
20 jumping jacks

Day 2

[Demo with modifications](#)

[Demo without modifications](#)

3 rounds: 30 min work, 30 seconds rest

High knees
Plank hold
Lunges
Plank hold
Toe taps

Day 3

Death by burpee (with pushup)

Min 1 – 1 burpee then rest until min 2
Min 2 – 2 burpees, then rest until min 3
Min 3 – 3 burpees
Min 4 – 4 burpees
Min 5 – 5 burpees
Min 6 – 6 burpees
Min 7 – 7 burpees

...

Until you can't complete all the burpees in the minute