

THE 21 DAY WORKOUT CHALLENGE

For this cycle the challenge is to follow a structured workout plan for 21 days. To make things interesting, challenge your friends on board or your family back home to join you.

- For seafarers, the workouts are ship friendly and don't require any equipment.
- For those stuck in the office in Zoom meetings every day, the workouts can easily be done in a lunchbreak or before you hit the office chair in the morning.
- For families, it's easy enough to do the workouts before your morning shower or dropping the children at school. Even better, try to involve the kids in the challenge and think of a way to reward them if they succeed.

It's as easy as this: **do three moves, three times per day for 21 days**, and end each daily session with three minutes on mindfulness.

Workout instructions:

- Complete the three listed moves for a day.
- Now do two more sets.
- Rest for 60 seconds in between each set concentrating on your breathing.
- Once done, sit in a comfortable position.
- Sit up straight and try to focus on your breathing for three minutes.
- You're all done!

NOTE: IF THE EXERCISES ARE TOO STRENUOUS, REDUCE THE NUMBER OF REPETITIONS - focus instead on creating a habit of doing a reduced regular daily workout. **It's important to listen to your body!** If there is any medical reason for you not to do an exercise, change things up and decide on exercises you are comfortable doing.

Need help?

Email crisis@sailors-society.org visit www.facebook.com/SailorsSocietyCRN, go to www.sailors-society.org/helpline or call our helpline +1-938-222-8181



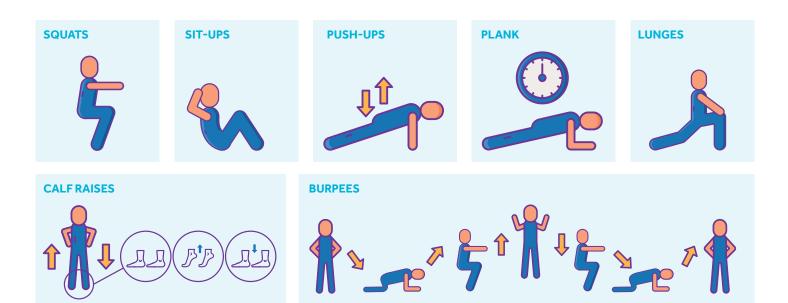




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WORKOUT SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
10 squats	10 calf raises	10 crunches	10 squats	10 calf raises	10 crunches	stretch and rest
10 lunges	10 seconds plank	10 burpees	10 lunges	10 seconds plank	10 burpees	
10 push-ups	10 sit-ups	10 mountain climbers	10 push-ups	10 sit-ups	10 mountain climbers	
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
20 squats	20 calf raises	20 crunches	20 squats	20 calf raises	20 crunches	stretch and rest
20 lunges	20 seconds plank	10 burpees	20 lunges	20 seconds plank	10 burpees	
15 push-ups	20 sit-ups	20 mountain climbers	15 push-ups	20 sit-ups	20 mountain climbers	
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
30 squats	30 calf raises	30 crunches	30 squats	30 calf raises	stretch and rest	50 squats
25 lunges	30 seconds plank	10 burpees	25 lunges	30 seconds plank		50 lunges
15 push-ups	30 sit-ups	30 mountain climbers	15 push-ups	30 sit-ups		20 push ups



MOUNTAIN CLIMBERS





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