

# 7-Day Stop Wasting Gym Time Challenge



## How it works:


- 10–20 min per day
  - Focus: intensity + progressive overload + smart habits
  - Equipment: yoga mat, resistance band, dumbbells optional
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## Day 1 – Full-Body Reset

**Goal:** Wake up your muscles and get your baseline.

- 30 sec march/jog in place
- 12 bodyweight squats
- 10 push-ups (knees if needed)
- 15 glute bridges
- 20 sec plank

**Repeat 2x**

 **Tip:** Track your reps and focus on good form — this is your baseline.


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## Day 2 – Strength Focus

**Goal:** Introduce controlled resistance

- 10 min dynamic warm-up (arm circles, hip swings)
- 3x12 Dumbbell rows (or band rows)
- 3x12 Goblet squats (hold weight/band optional)
- 3x15 standing band curls

**Cooldown:** Stretch hamstrings, chest, shoulders

 **Tip:** Increase weight or reps slightly from last session — progressive overload!

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## Day 3 – Cardio + Core

**Goal:** Boost metabolism and core strength

- 30 sec jump jacks / 30 sec rest ×5
- 15 crunches ×3
- 20 sec side plank each side ×2
- 12 mountain climbers ×3



💡 **Tip:** Intensity > duration. Push hard for short bursts, rest, repeat.

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## Day 4 – Active Recovery

**Goal:** Mobility + flexibility

- 5 min cat-cow + shoulder rolls
- 10 lunges each leg
- 20 sec seated twist
- 30 sec hamstring stretch each leg

💡 **Tip:** Recovery is growth. Don't skip mobility — it prevents injuries.

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## Day 5 – Lower Body Burn

**Goal:** Build bulletproof legs & glutes

- 12 squats ×3
- 10 step-ups each leg ×3 (use stairs or step)
- 12 glute bridges ×3
- 20 sec wall sit

💡 **Tip:** Slow down each rep — mind-muscle connection matters more than speed.

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## Day 6 – Upper Body Strength

**Goal:** Push + pull focus

- 10 push-ups ×3
- 12 dumbbell rows ×3 (or band)
- 12 shoulder presses ×3 (dumbbells or water bottles)
- 20 sec plank ×3

💡 **Tip:** Track your weights and reps — aim to improve next week.

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## Day 7 – Full-Body Challenge

**Goal:** Test your progress

- 10 push-ups
- 15 squats



- 12 dumbbell rows
  - 15 mountain climbers
  - 20 sec plank
- Repeat 3x**

💡 **Tip:** Compare your reps to Day 1. Celebrate any progress! 🎉

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### **Extra Coaching Nuggets:**

- Log every workout — tracking = progress
- Protein + water matter — fuel your results
- Short, intense sessions > long, lazy workouts
- Consistency beats motivation every time



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**Your 7-day plan to smarter, more effective workouts!**

## **Instructions:**


- 10–20 min per day
  - Equipment: Yoga mat, resistance band, dumbbells optional
  - Tick off each exercise as you complete it
  - Use the notes section to track reps, weight, or reflections
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## **Day 1 – Full-Body Reset**

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- 30 sec march/jog in place
  - 12 bodyweight squats
  - 10 push-ups (knees if needed)
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  - 20 sec plank
- Repeat 2x**

**Notes:** \_\_\_\_\_

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## **Day 2 – Strength Focus**

**Goal:** Introduce controlled resistance

- 10 min dynamic warm-up
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**Notes:** \_\_\_\_\_

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