

# THE STICK WITH IT WORKOUT CHALLENGE

## WEEK 1

30 sec Jumping Jacks 30 sec Squats 30 sec High Plank Rounds: 4		30 sec Knee Push-ups 30 sec Forward Lunges 30 sec Mountain Climbers Rounds: 5			30 sec High Knees 30 sec Inchworms 30 sec Jump Squats Rounds: 4				
Max duration: 7 min	<b>01</b>	<b>02</b>	Max duration: 11m 30s	<b>03</b>	<b>04</b>	<b>05</b>	Max duration: 7 min	<b>06</b>	<b>07</b>

## WEEK 2

1 min Jumping Jacks 1 min Squats 30 sec High Plank Rounds: 3		30 sec Knee Push-ups 30 sec Backward Lunges 30 sec 4-count Burpees Rounds: 4			30 sec High Knees 30 sec Wall Sit 30 sec Bridge Rounds: 5					
	<b>08</b>	Max duration: 9m 30s	<b>09</b>	<b>10</b>	Max duration: 7 min	<b>11</b>	<b>12</b>	Max duration: 11m 30s	<b>13</b>	<b>14</b>

## WEEK 3

1 min Jumping Jacks 1 min Squats 30 sec Low Plank Rounds: 4		30 sec Knee Push-ups 30 sec High Knees 30 sec Bridge Rounds: 5			1 min 4-count Burpees 30 sec Wall Sit 30 sec Tricep Dips Rounds: 4				
Max duration: 13 min	<b>15</b>	<b>16</b>	Max duration: 11m 30s	<b>17</b>	<b>18</b>	Max duration: 11 min	<b>19</b>	<b>20</b>	<b>21</b>

## WEEK 4

1 min Jumping Jacks 30 sec Jump Squats 30 sec Low Plank Rounds: 5		30 sec High Knees 30 sec Forward Lunges 30 sec Inchworms Rounds: 6			1 min Knee Push-Ups 30 sec Wall sit 30 sec Mountain Climbers Rounds: 4				
Max duration: 14 min	<b>22</b>	<b>23</b>	Max duration: 14 min	<b>24</b>	<b>25</b>	<b>26</b>	Max duration: 11 min	<b>27</b>	<b>28</b>

\* Rest 30 sec - 1 min between rounds

## CONGRATULATIONS

Now you're ready for the 12-week body transformation plan in the adidas Training app!

