

MARCH CHALLENGE

This challenge consists of a little bit of everything: cardio and strength, teamwork and individual work and of course some rest days in between.

In this challenge, you will find two workouts named after two of your fellow seafarers, whom you might have met in our Christmas Challenge last year: Blazej Bakalarczyk and Michael Thinnesen. You have something to look forward to because the challenges A BLAST FROM BLAZEJ and THINNESEN TWIST contains their favourite bodyweight exercises!

DAY 3

TEAM TOO FAST TOO FURIOUS

As fast as possible, complete:
100 Air squats
100 Lunges
100 Lateral hoop over partner

When doing the workout, only one will work at a time, the other one will rest.

The lateral hoop over partner is performed with one partner laying on the floor, while the other will jump back and forth over the legs, sideways or front facing.

DAY 6

A BLAST FROM BLAZEJ

Blazej has presented his favourite exercises for us today. He is a fantastic Fit4SEA ambassador and also joined the Christmas Challenge last year. Enjoy!

6 rounds of:
10 Dips
20 Mountain climbers
5 Push ups
30 Sec side plank

The dips can be performed from a chair, sofa, stairwell. Push ups can be scaled to on knees. Are you up for a challenge you can advance to diamond push ups. Switch the side plank from each round. If it's too easy, lift one foot from the other and extend arm towards the ceiling.

DAY 1

IT'S TIME TO MOVE

5 rounds of:
5 Burpees
10 Jumping Jacks
20 Bicycle crunches

DAY 2

TABATA ROCKS

Switch between the two exercises:
Superman arch ups
Sit ups (anyhow)

Arch up: lay on your stomach with straight legs and heels together and your arms straight in front of you. Head in a neutral position or what you feel comfortable with. Raise legs and arms up in the air as high as you can, and arch your back as much as possible.

Choose any variation of the sit ups that you like.

DAY 4

ROCK SOLID

5 rounds for quality:
5 Walk outs to push up
10 Leg raises

Walkouts: start standing upright, bent over so hands are touching the floor. Walk with your hands on the floor until you reach the top position of the push up, do one push up, crawl back in with the hands to your feet. Make sure to be tight in the core, buttocks and legs when walking in and out, and doing the push ups.

Leg raises: Lay on the floor on your back. Elevate your legs as straight as possible from floor to 90 degrees angle in hip and lower legs back to the floor. Try to keep the lower back in contact with the floor during the whole movement.

DAY 5

REST

DAY 7

WE GOT YOUR BACK!

As many rounds as possible in 6 minutes:
10 Superman arch ups
10 Good mornings
10 Jumping lunges

EXPLAINERS

Tabata - A 4-minute interval consisting of 8 rounds of 20-second work and 10-second rest.

Rounds for quality - Focus more on the quality and tempo of the exercises, rather than doing it fast and uncontrolled.

AMRAP - As many rounds as possible in X minutes. But keep this in mind: always prioritize good form and correct technique over fastest time or number of rounds.

Team - There will be a few workouts that are supposed to be performed in teams of 2. Be creative if you are alone or if you are an unequal number.

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DAY 8

TABATA TIMES 2

8 minutes of:
Choose one of the following to do the tabata: bike, row, run/powerwalk.

If no machine then alternate the intervals between:

Burpees
Jumping Jacks

20 sec work + 10 sec rest until the 8 minutes are up.

You are doing 2 tabatas back to back in this workout, with no breaks between the 4 minutes a "normal" tabata is.

DAY 9

NO JOKE

10 Rounds for time:
6 Push ups + taps
6 Lungesters

1 Push ups + taps is: 1 push up and a tap on right shoulder with left hand and one tap on the left shoulder with right hand.

1 rep lungesters are:
1 lunge left and 1 lunge right + 1 squat

DAY 10

WILL YOU BE MY BUDDY?

Grab a partner and get through this together.

For 6 minutes, alternate between the two of you:

Partner 1 does 1 round of
5 Burpees
10 Jumping lunges
10 Jumping squat

Partner 2 is in a plank in the meantime

DAY 11

BUNS OF STEEL

5 rounds:
20 Glute bridges
10 Kneeling step ups (in total)

Kneeling step ups: Kneel on the floor with your body upright and hands on your hips. Raise one foot to place it flat on the floor, standing in a deep lunge. Then push into a standing position. Continue the movement, kneeling back down in a lunge to the starting position and repeat for 5 reps before alternating legs.

Grab a chair or something to hold onto if you have trouble stepping up.

DAY 12

THINNESEN TWIST

Greetings from Michael Thinnesen! You might remember him from the Christmas Challenge where he was on board and part of the #TEAMGIJONKNUTSEN. This is a take on his favorite exercises to do on board:

In 6 minutes do as many rounds as possible of:
20 Russian twists (tap the floor with both hands)
20 Mountain climbers
45 Sec plank in top position of mountain climber

DAY 13

REST

DAY 14

DREAM TEAM

Accumulate as many burpees as possible in 5 minutes

Only one will work at the burpees at a time. Make a plan with your partner and count your reps together.

DAY 15

KICK IT!

5 rounds for quality:
12 Back extensions
20 Kneeling heel raises

Kneel on all fours, hand under shoulders, knees under hips at 90-degree angel. Push your heel up towards the ceiling (the underneath of your foot is facing the floor).

Keep hips and shoulders in a square position to the floor during the exercise.

Repeat for 10 repetitions and alternate legs.

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DAY 16

TABATA LOWER BODY

Alternate between the two exercises:

Air squats
Jumping squats

The difference between these two exercises is that the jumping squats is followed by a small jump when coming to an upright position.

DAY 17

STARS & MOUNTAINS

5 rounds for quality:
20 Sec side plank rotations right
20 Sec side plank rotations left
20 Mountain climbers

Plank rotations: Lay on your side with your legs straight and feet together. Rest on the forearm on the floor and extend your other arm towards the ceiling. Rotate your body as you bring the extended arm down and reach underneath your upper body, so your chest is almost facing the floor. Continue the movement, rotating back to the start position. Repeat ten times then alternate sides.

DAY 18

TEAM UP AND DOWN

Complete with a partner:
50 Burpees
100 Sit ups (choose any variation you like)
50 Burpees

Only one is allowed to work at a time. The other one will rest and wait for his turn.
Perform the burpees and sit ups in small sets too keep the intensity high.

DAY 19

REST

DAY 20

TABATA CORE

Alternate between the two exercises:
Walking plank
Bicycle crunches

Perform the walking plank by standing in a normal plank position on your elbows. Lift one foot controlled from the floor and lower again, to repeat with other foot. Until time is up.

DAY 21

SIT TIGHT

5 rounds for quality:
46-60 Sec wall sit
10 Tempo push ups (slowly down, explode up)

The push ups can be scaled to fewer reps or on knees, but keep the tempo in mind.

DAY 22

TABATA UPPER BODY

Alternate between the two exercises:

Dips
Shoulder taps

The shoulder taps should be performed in a standing plank position on your hands. Lift one hand and touch opposite shoulder. Alternate hands. Keep lower body still and hips low.

DAY 23 GUNSHOT

7 rounds of:
5 Kneeling step ups right
5 Kneeling step ups left
10 Dead bugs

Kneeling step ups: Kneel on the floor with your body upright and hands on your hips. Raise one foot to place it flat on the floor, standing in a deep lunge. Then push into a standing position. Lunge back down into the kneeling position. Hold onto something if you have trouble stepping up.

Dead bugs:
Lay on your back. Extend and raise both legs and arms straight to the ceiling. Lower diagonally left arm and right leg towards the floor, and rise back up again. Alternate with the right arm and left leg. Try to keep the lower back in contact with the floor.

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DAY 24

CARDIO MACHINE

Complete 4 rounds of:

- 30 Sec jog on the spot with high knees
- 30 Sec jog on the spot with kickback
- 30 Sec Burpees
- 30 Sec pause

Repeat 3 more times for a total
of 8 minutes.

DAY 25

LUNGING AWAY

- 10 reverse lunges left
- 10 reverse lunges right
- 10 upright rows

The upright rows can be performed under a table or desk with either straight legs or bended knees. Grab the edge of the table and place the most of your upper body and whole lower body under the table. Pull yourself up, so your chest touches the table, and lower yourself again.

If it's not possible to do rows, then do 10 back extensions where you in top position pull your elbows down and back as much as possible.

DAY 26

PUSH IT THROUGH, TEAM!

You go, I go for 6 minutes of:

- 20 Mountain climbers
- 10 Shoulder taps
- 5 Push ups

Alternate exercises so partner 1 does mountain climbers. When finished, partner 2 does shoulder taps, and partner 1 does 5 push ups. Alternate turns to do the exercises, only one working at a time. In that way, both of you will end up doing all of the exercises throughout the workout.

The shoulder taps are performed in a standing plank position on your hands. Lift one hand and touch the opposite shoulder. Alternate hands and taps. Keep your lower body still and hips low.

DAY 27

REST

Maybe take the time to plan
your training for the next
month and set some goals?

DAY 28

AROUND WE GO

- 5 rounds of:
- 20 Forward lunges
- 20 Sit ups
- 10 + 10 Plank rotations

Lay on your side with your legs straight and feet together. Rest on the forearm that's on the floor and your other arm extended towards the ceiling. Rotate your upper body as you bring the extended arm down and reach underneath your upper body, your chest almost facing the floor. Continue the movement, rotating back to the starting position. Repeat 10 times before alternate side.

DAY 29

TABATA SUPERMAN

Alternate between the two
exercises:

- Superman arch ups
- Regular back extensions

DAY 30

TEAM PUSH & JUMP

As many rounds as possible in 6
minutes:

- 10 Push ups with a partner high five
- 10 Jump overs (partner 1)
- 10 Jump overs (partner 2)

Both will do a push up at the same time. When reaching top position do a high five.

Jump overs: one partner will be in a plank on elbows while the other jumps back and forth over the legs of his partner (eg. where the legs are closest to the floor). Alternate turns after 10 jumps.

DAY 31

LET'S GET IT OVER WITH

TABATA BURPEES

Goal is to hit the same number of burpees in all 8 sets of the 20 sec interval! Go fast and remember: it's only 4 minutes work in total.

You can do it!