



VOL. 01
SPRING

For the
Sanity Not
the Vanity

Shannon SHAPE

21-DAY WORKOUT GUIDE

Introduction

I am SO excited you decided to begin (and finish!) my 21 day body weight program. And I'm not just saying that...As a certified, busy personal trainer in Los Angeles, the fitness capitol of the world, there is nothing that excites me more than someone making the decision to start or expand their fitness journey. And take it from me, it IS a journey. It's not SUPPOSE to be easy every single day. In my opinion, part of the reward is being able to look back and know you didn't quit even though you felt like it some days. My clients and I always talk about how strong we feel confronting every day challenges because of the fitness challenges we've been able to push through. If you can make it through something you didn't think you ever could within a workout, then that some tenacity comes a little easier in other areas of your life.

I wanted this 21 day body weight workout challenge to be for almost everyone. I've personally designed and completed each one of these workouts, and I don't think you will be disappointed. Week one starts off easing you into it all, then by week two your body will be ready to push for more. Week three is pure warrior status and by the end of it you will feel like the best, strongest version of yourself. I know this program will help catapult you into accomplishing all of your fitness goals.

But, I must mention my favorite part about having exercise be a part of my every day life is what it does for me mentally. Throughout my entire life exercise has often been the one steadfast positive thing when everything else seemed to be crumbling around me. When I felt like I had no control over my life, I knew I could control my consistency and effort when it came to my workouts. That's why I wanted to name my first program offering "For the Sanity Not the Vanity". I wholeheartedly believe that although the physical benefits of exercise are wonderful, it's the mental benefits that I believe in the most. The strength you'll gain physically excites me, but the mental strength you'll gain from completing this program could change your entire life.

So deep breathe, in through your nose, out through your mouth, and know that you CAN do this. If you need me, I am here for you, I promise. A pep talk, clarification, tips, whatever you may need, please don't hesitate to reach out.

Send me an email here: ShannonShapeLA@gmail.com
or Instagram DM me here: @shannonshape



Week One Day 1: Go Time!

5-10 MINUTE WARM UP

SUGGESTIONS:

Walking (30 second hard push, 30 second slow down,) Jumping Jacks, (30 seconds of work, 30 seconds of rest,) Shadow Boxing, Jump Rope, Stationary Bike

2-4 Walkouts / Dynamic Stretch

- Fold forward and reach for toes, hold 20-30 seconds. Cradle opposite elbows and sway while folded.
- Walkout into a high plank. Keep legs straight.
- Step right foot to outside of right hand. Slowly lower left knee to ground. Step back into plank.
- Repeat on opposite side.
- Transition into "Child's Pose"
- Get into tabletop position for "Cat / Cow"
- Back into high plank
- Walk hands back to toes and slowly roll up one vertebrae at a time. The top of the head is the last thing to roll up.

7 MOVES, 3 ROUNDS

1 20 SQUATS



5 20 RUSSIAN TWISTS



2 20 BUTTERFLY CRUNCHES



6 12 PUSHUPS



3 HIGH PLANK (60 SECONDS)



7 12 KNEE TO STANDING SQUATS



4 20 ALTERNATING REVERSE LUNGES

