

**STRENGTH TRAINING WORKOUT GUIDE**  
**21 Days Men's Health Challenge**  
**Non-Equipment (Home) Exercises**  
**Prepared By Nick Murphy at Mission Fitness**

Important Safety Notes:

- ⚠ Consult your physician before beginning any new exercise program
- ⚠ Stop immediately if you experience pain (not muscle fatigue)
- ⚠ Hydrate before, during, and after workouts

**Workout Principles**

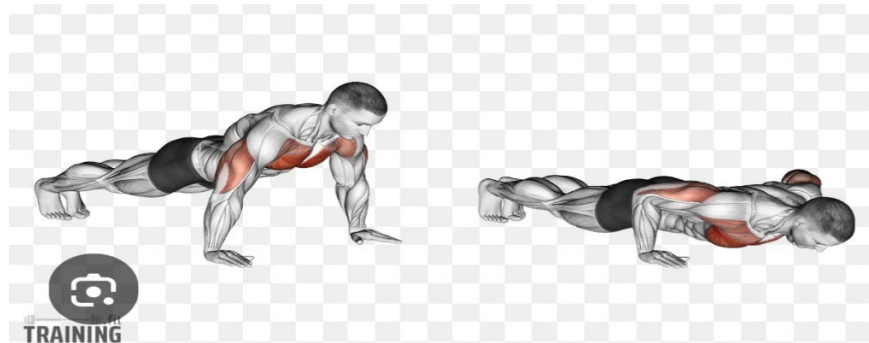
**Tempo & Form:**

- Perform these exercises on Mondays, Wednesdays and Fridays
- Do 3 sets of each exercise in a circuit-style fashion, starting with exercise #1
- Push to muscle failure, rest briefly to catch your breath, then go to exercise #2, so on and so forth until you get to the last exercise, which is Planks. Rest for a few minutes until your heart rate comes down, then repeat 2 more times.

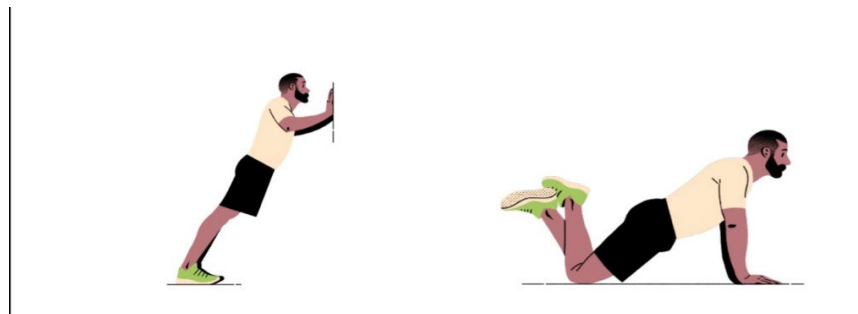
**Target Rep Range:** Seek to get to “failure” at 6-12 reps per exercise

- #1) Push-ups
- #2) Tricep dips
- #3) Walking Lunges
- #4) Jump squats
- #5) Sit-up
- #6) Planks

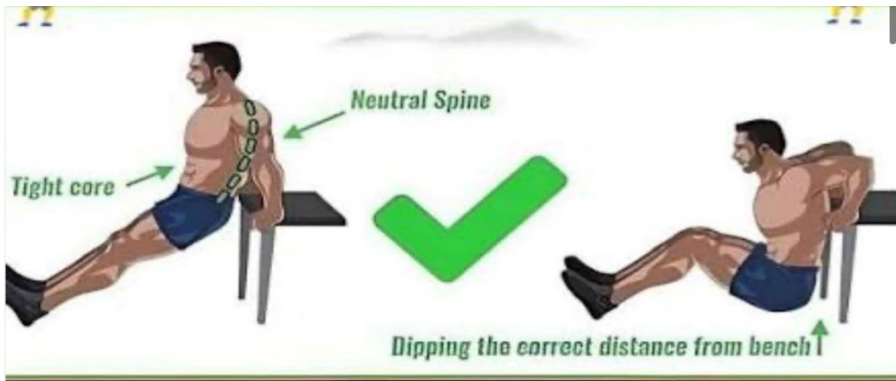
**See each exercise below:**



**Push-up**



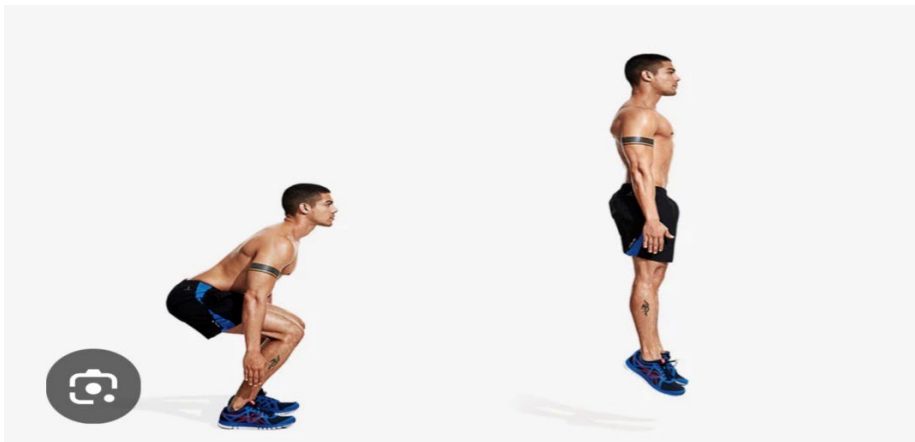
**Modified push-up**



Tricep dips



Walking lunges



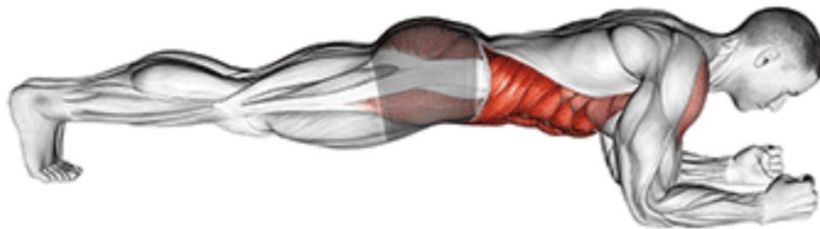
Jump squats



Sit-up



TRAINING  
Modified sit-up



Plank hold