Canelith

TRAINING COLLECTION

7 DAYS









FREE · AT-HOME CHALLENGE

7-day challenge with Canela

20 minutes a day, no equipment, to start moving with good form. With a recipe and a habit for every day.

Free | No equipment | 20 min a day

INSIDE

1. 7 short illustrated routines
2. 3 levels: beginner to advanced
3. A simple habit every day
4. An easy recipe for every day
5. Your log to tick off each day
6. The Day 7 test to see your progress



Canela explains the challenge in one minute.

How the challenge works

Seven days, one short routine a day. Do the 5 exercises back to back, rest 1 minute and repeat the rounds for your level. With the warm-up and stretching it takes about 20 minutes.

CHOOSE YOUR LEVEL

Beginner	Intermediate	Advanced
30 s work · 30 s rest · 2 rounds	40 s · 20 s · 3 rounds	45 s · 15 s · 4 rounds

If you've never trained or haven't in a long time, start at Beginner. You can move up a level halfway through if it feels easy.

WARM-UP (3 MIN)

- 30 s marching in place.
- 10 arm circles forward and 10 backward.
- 10 slow, shallow squats.
- 10 hip circles each way.
- 30 s high-knee march.

STRETCHING (3 MIN)

- Standing quad stretch: 20 s per side.
- Seated hamstring stretch: 30 s.
- Lying glute stretch (figure 4): 20 s per side.
- Chest stretch in a doorway: 20 s.
- Child's pose: 30 s, breathing slowly.

YOUR HEALTH FIRST

Stop if you feel sharp pain, dizziness or severe shortness of breath. If you're pregnant, have an injury or a heart condition, or had recent surgery, check with your doctor before you start. Feeling tired and a bit sore the next day is normal.

SHARE IT

Post your day on Instagram with **#CanelithChallenge** and tag **@canelith_**. We love seeing you make progress.

DAY 1

Full body

≈ 20 min

Warm up for 3 minutes. Then do the 5 exercises back to back with the times for your level, rest 1 minute and repeat. Finish with the stretches.

Beginner: 30 s work · 30 s rest · 2 rounds | **Intermediate: 40 s · 20 s · 3 rounds** | **Advanced: 45 s · 15 s · 4 rounds**



1 Bodyweight squat

Feet shoulder-width apart, sit back as if into a chair, knees in line with your toes, chest up.



2 Incline push-up

Hands on a sturdy table or couch, body straight from head to heels; lower your chest and push back up.



3 Glute bridge

On your back, knees bent; lift your hips by squeezing your glutes without arching your back, then lower slowly.



4 Bird dog

On all fours, extend the opposite arm and leg without moving your hips; alternate sides.



5 Plank

Forearms under your shoulders, body straight, abs and glutes tight. Keep breathing.

HABIT OF THE DAY Drink water as soon as you wake up: 1 glass before your coffee.

RECIPE OF THE DAY Huevos pericos with spinach and arepa · in the free recipe book *Healthy recipes: the basics*.

Canela's tip: Write down how many squats you did: you'll compare on Day 7.

☐ Done Level: _____ Energy 1-5: ____ Notes: _____

DAY 2

Legs and glutes

≈ 20 min

Warm up for 3 minutes. Then do the 5 exercises back to back with the times for your level, rest 1 minute and repeat. Finish with the stretches.

Beginner: 30 s work · 30 s rest · 2 rounds | **Intermediate: 40 s · 20 s · 3 rounds** | **Advanced: 45 s · 15 s · 4 rounds**



1 Sumo squat

Feet wider and toes turned out; lower straight down with your chest up.



2 Reverse lunge

Step back and lower both knees to 90°; push through your front leg to come back. Alternate.



3 Single-leg glute bridge

Like the bridge, but with one leg straight; don't let your hips drop to one side. Half the time on each side.



4 Side-lying leg raise

On your side, top leg straight; lift it without rotating your hips and lower slowly. Half the time on each side.



5 Calf raise

Standing, rise slowly onto your toes, hold 1 second at the top and lower with control.

HABIT OF THE DAY Put protein in every meal: eggs, chicken, fish, beans, lentils or Greek yogurt.

RECIPE OF THE DAY Chicken and vegetable stir-fry with rice · in the free recipe book *Healthy recipes: the basics*.



Bella's tip: If your knee hurts in the lunge, take a shorter step or hold on to a chair.

☐ Done Level: _____ Energy 1-5: ____ Notes: _____

DAY 3

Upper body and core

≈ 20 min

Warm up for 3 minutes. Then do the 5 exercises back to back with the times for your level, rest 1 minute and repeat. Finish with the stretches.

Beginner: 30 s work · 30 s rest · 2 rounds | **Intermediate: 40 s · 20 s · 3 rounds** | **Advanced: 45 s · 15 s · 4 rounds**



1 Knee push-up

Knees on the floor, body straight from head to knees; lower your chest between your hands.



2 Chair dips

Hands on the edge of a sturdy chair, lower by bending your elbows back, then push up.



3 Superman

Face down, lift your arms and legs a little while looking at the floor; hold 2 seconds and lower.



4 Plank shoulder taps

In a high plank with feet apart, tap the opposite shoulder without moving your hips.



5 Dead bug

On your back, arms to the ceiling and knees at 90°; extend the opposite arm and leg without lifting your lower back.

HABIT OF THE DAY Sleep 7 hours or more tonight: that's when your muscles recover.

RECIPE OF THE DAY Chicken wrap with avocado and yogurt sauce · in the free recipe book *Healthy recipes: the basics.*



Minchu's tip: Form first: 6 good push-ups beat 15 sloppy ones.

☐ Done Level: _____ Energy 1-5: ____ Notes: _____

DAY 4

Light cardio and mobility

≈ 20 min

Warm up for 3 minutes. Then do the 5 exercises back to back with the times for your level, rest 1 minute and repeat. Finish with the stretches.

Beginner: 30 s work · 30 s rest · 2 rounds | **Intermediate: 40 s · 20 s · 3 rounds** | **Advanced: 45 s · 15 s · 4 rounds**



1 High-knee march

March in place, lifting your knees to hip height and swinging your arms.



2 Jumping jacks

Jump, opening your legs and raising your arms; if you don't want to jump, step out one leg at a time.



3 Front punches (boxing)

Knees slightly bent, punch forward alternating arms without locking your elbows.



4 Skater

Jump or take a long side step, landing on one leg like a skater; alternate.



5 Bear crawl forward and back

On all fours with knees just off the floor, move forward and back with small steps.

HABIT OF THE DAY Walk an extra 20 minutes today (it can be in chunks).

RECIPE OF THE DAY Stewed lentils with rice and avocado · in the free recipe book *Healthy recipes: the basics*.



Wilson's tip: You should be able to talk while you do it: it's an easy day.

☐ Done Level: _____ Energy 1–5: ____ Notes: _____

DAY 5

Glutes and core

≈ 20 min

Warm up for 3 minutes. Then do the 5 exercises back to back with the times for your level, rest 1 minute and repeat. Finish with the stretches.

Beginner: 30 s work · 30 s rest · 2 rounds | **Intermediate: 40 s · 20 s · 3 rounds** | **Advanced: 45 s · 15 s · 4 rounds**



1 Glute bridge with knee opening

At the top of the bridge, open and close your knees without lowering your hips.



2 Fire hydrant

On all fours, lift your knee out to the side without twisting your torso. Half the time on each side.



3 Donkey kick

On all fours, push one heel toward the ceiling without arching your back. Half the time on each side.



4 Side plank

On your side on one forearm, hips up in a straight line. Half the time on each side (or with knees down).



5 Dead bug

On your back, arms to the ceiling and knees at 90°; extend the opposite arm and leg without lifting your lower back.

HABIT OF THE DAY Fill half your plate with vegetables at lunch and dinner.

RECIPE OF THE DAY Tuna and avocado poke bowl · in the free recipe book *Healthy recipes: the basics*.



Merlyna's tip: Squeeze your glutes at the top of each move: 1-second pause.

☐ Done **Level:** _____ **Energy 1–5:** ____ **Notes:** _____

DAY 6

Full body, faster pace

≈ 20 min

Warm up for 3 minutes. Then do the 5 exercises back to back with the times for your level, rest 1 minute and repeat. Finish with the stretches.

Beginner: 30 s work · 30 s rest · 2 rounds | **Intermediate: 40 s · 20 s · 3 rounds** | **Advanced: 45 s · 15 s · 4 rounds**



1 Jump squat

Squat and jump softly; land with your knees bent. If you don't jump, rise onto your toes.



2 Mountain climbers

In a high plank, bring your knees to your chest one at a time, at your own pace.



3 Push-up

Hands slightly wider than your shoulders, body straight; lower your chest and push up. Use the incline version if you need to.



4 Side lunge

Take a long step to the side, bend that leg with the other straight; come back to center and alternate.



5 Half burpee + squat

Hands to the floor, step your feet back to a plank, step them back in and do a squat. No jump.

HABIT OF THE DAY Prep something for tomorrow today: a bar or a packed lunch.

RECIPE OF THE DAY No-bake oat, banana and peanut bars · in the free recipe book *Healthy recipes: the basics*.



Oliver's tip: If it's your first time, swap the jump for rising onto your toes.

☐ Done Level: _____ Energy 1-5: ____ Notes: _____

DAY 7

The test: repeat Day 1

≈ 20 min

Warm up for 3 minutes. Then do the 5 exercises back to back with the times for your level, rest 1 minute and repeat. Finish with the stretches.

Beginner: 30 s work · 30 s rest · 2 rounds | **Intermediate: 40 s · 20 s · 3 rounds** | **Advanced: 45 s · 15 s · 4 rounds**



1 Bodyweight squat

Feet shoulder-width apart, sit back as if into a chair, knees in line with your toes, chest up.



2 Incline push-up

Hands on a sturdy table or couch, body straight from head to heels; lower your chest and push back up.



3 Glute bridge

On your back, knees bent; lift your hips by squeezing your glutes without arching your back, then lower slowly.



4 Bird dog

On all fours, extend the opposite arm and leg without moving your hips; alternate sides.



5 Plank

Forearms under your shoulders, body straight, abs and glutes tight. Keep breathing.

HABIT OF THE DAY

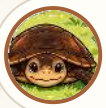
Celebrate: write down 3 things you did well this week.

RECIPE OF THE DAY

Creamy banana strawberry ice cream · in the free recipe book *Healthy recipes: the basics*.

Thunderbolt's tip: Compare your reps with Day 1. There's almost always an improvement.

☐ Done Level: _____ Energy 1-5: ____ Notes: _____



Thunderbolt leaves you your log for the week.

Your log

DAY	DONE	SQUAT REPS (DAY 1 AND 7)	HOW I FELT
Day 1 · **Full body**	☐		
Day 2 · **Legs and glutes**	☐		
Day 3 · **Upper body and core**	☐		
Day 4 · **Light cardio and mobility**	☐		
Day 5 · **Glutes and core**	☐		
Day 6 · **Full body, faster pace**	☐		
Day 7 · **The test: repeat Day 1**	☐		

WHAT COMES AFTER THE CHALLENGE?

Keep going with a guide: Glutes with Bella, Strong legs, Upper body with Minchu, Full body, Lighter, stronger or High performance with Zapote: 12 weeks, step by step. Get Day 1 of each one free at canelith.com/en/shop.

Work out your numbers: the free calorie and protein calculator at canelith.com/en.

Do it with us: book your initial assessment and we'll build a custom plan with our trainer, in the Training section.

This challenge is for information only and doesn't replace an assessment by a doctor, physical therapist or trainer. Illustrations by Canelith.