

3 MINUTE WORK BREAK WORKOUT SERIES

by Enrich Your Life Fitness



WHAT TO EXPECT

Welcome to the 3-Minute Work Break Challenge! This four-week journey is designed to bring quick, refreshing bursts of movement to your day—right where you are, with no equipment or extra space needed. Here's how it works and what you'll find in this guide:

1. Energizing 3-Minute Workouts

Each day, we'll move through 9 simple exercises, each lasting just 20 seconds:

- 3 minutes total per workout
- No equipment and all standing exercises
- Perfect for small spaces like your office or home!

Feel free to complete these workouts whenever you need a break, whether that's during your lunch, between meetings, or even every hour on the hour for an extra boost!

2. Workout Calendar

This PDF includes a calendar for the entire 4-week challenge:

- 5 workouts per week (Monday to Friday), keeping your weekends open for rest or extra movement if you'd like
- Each day features a new workout to keep things fun and fresh
- Check off each completed workout as you go—track your progress and celebrate those small wins along the way!

3. Team Challenge Ideas

To make it even more fun, I've included team challenge ideas! Get your friends, family, or colleagues involved for extra motivation and accountability.

4. Tips for Making the Most of Your Challenge

- Consistency is key: Try to fit in each daily workout to build a steady habit.
- Listen to your body: Go at your own pace, modify movements if needed, and have fun with it.
- Celebrate each step: Every day you make time to move is a step towards building a healthier, more energized you!

I'm so proud of you for joining this challenge! Let's make these next four weeks a time to recharge, refresh, and feel great.

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INFO:

The thumbnails on this calendar are linked to the workout video. Just click on the pic to go to the video!







Or [CLICK HERE](#) to go to a playlist with all the videos on this calendar. New workouts will show up in the playlist when they are released.

The first workout will be released on November 11th, 2024 at 12:00 am (CST).

To view the workouts before they are released, [CLICK HERE](#) to join the EYLF Early Access Membership. There are 2 membership options. Make sure to choose the “Early Access” option.

New workouts for this series will be released daily, Monday through Friday, at 12:00 am (CST).

Print this page to post on your wall and check the box ☒ when you're done with the workout!
Add an extra checkmark for each time you repeat the workout!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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TEAM CHALLENGE IDEAS

Workout buddies make everything better! Staying consistent is easier and way more fun when you've got friends, family, or co-workers doing a fitness challenge with you. This 3-minute work break series is the perfect way to bring your team, department, or loved ones together for a burst of energy and motivation throughout the day! Here are some ideas on how to get others involved. Use one or many of these, or feel free to use your own ideas!

"Move It" Minutes

Encourage each individual, team or department to add up their work-break workout minutes for the week! Whichever group logs the most minutes gets bragging rights, or even a little prize.

Hourly Power-Up

If your team is up for it, challenge them to repeat the 3-minute workout on the hour, every hour, to keep energy levels up and encourage regular movement throughout the day. It's a fun and healthy way to break up the workday and re-energize.

Goal-Setter Milestones

Set personal or team goals for completing a certain number of workouts in the week, and reward everyone who hits the goal! Whether it's a mini reward, a shoutout, or team recognition, these milestones can keep everyone inspired.

Friendly Competition Tracker

Create a leaderboard that tracks everyone's participation throughout the series. Celebrate weekly MVPs—the ones who never miss a day, or who bring the most energy. This can add a little friendly competition and keep everyone motivated to stay in the top ranks!

Weekend Warrior Bonus Round

Encourage your team to keep it going on the weekends! Each person who completes one of the workouts on Saturday or Sunday earns double points or bonus entries for the week. This can help everyone build consistency beyond the workweek.

TEAM CHALLENGE IDEAS

Achievement Badges

Award badges for accomplishments like “Best Effort,” “Most Improved,” “Consistency Champ,” and “Top Recruiter” for those who encourage the most people to join in. People love recognition, and these badges can add some fun milestones to the challenge.

Workout Break Bingo

Create a bingo card filled with workout-related achievements like “Did the workout 3 times today,” “Got a family member to join,” or “Completed 5 days straight.” Those who complete a row get a special shoutout, and those who fill the whole card could win a grand prize!

Prize Raffle

For each workout completed, participants get an entry into a raffle. The more they work out, the better their odds! Prizes can be anything from a gift card to an extra long lunch break or a healthy snack basket.

Buddy Accountability Partners

Pair up participants as accountability buddies. Each buddy duo checks in with each other daily to ensure they’ve completed the workout. You could add a buddy board to track how many days each pair sticks with it for a fun team-building twist!

Midday Energizer Blast

Set a specific time each day for everyone to do the workout together (virtually or in person). Knowing the whole group is working out at the same time can really boost motivation—and it turns into a mini office or family event everyone can look forward to each day.

End-of-Challenge Celebration

Wrap it all up with a virtual or in-person gathering where you celebrate everyone’s achievements (maybe a smoothie party?). Share stories, recognize top participants, and toast to everyone’s commitment to their health and teamwork.

WHAT CAN YOU DO NEXT?

Sign up [HERE](#) for the Enrich Your Life Fitness (EYLF) email newsletter to receive free weekly or monthly workout plans, or try an EYLF comprehensive fitness program below! Click on the image for more info.

