



66 DAYS

**MOVING
HABIT
BUILDER**

**100 REPS
66 WORKOUTS**

Why 66 workouts?

On average, it takes more than 2 months before a new behavior becomes automatic — 66 days to be exact.

Why 100 reps?

To build **habits** you need to make it as easy as possible. People start of way to complicated and then often fail. **100 reps** is easy to remember, **100 reps everyday for 66 days!**

No more. No less.

-Yoda

Should i only do this?

If that is what it takes to do it every single day, yes!

This is minimum!

If you add a run, bike or another workout that is awesome ofc :)

"HABITS ARE THE COMPOUND INTEREST OF SELF-IMPROVEMENT. THE SAME WAY THAT MONEY MULTIPLIES THROUGH COMPOUND INTEREST, THE EFFECTS OF YOUR HABITS MULTIPLY AS YOU REPEAT THEM."

- JAMES CLEAR



EQUIPMENT

MOST EXERCISES WILL BE BODY WEIGHT
BUT TO GET MORE VARIATION
YOU WILL NEED

1 KETTLEBELL
1 LIGHT BAND (RED)

OH! AND PRINT OUT THE WORKOUTS,
CHECKING THE BOXES WITH A PEN FEELS
AWESOME ;)

WARM UP

TO GET READY WE NEED TO DO SOME
FORM OF MOBILITY AND ACTIVATION.

THIS WILL ALSO BENEFIT YOU IN THE
LONG RUN!

A.

INCH WORM X 3

WORLDS BEST STRETCH X 5/5 (ALTERNATING)

KNEE HUG TO DRAGON X 3/3

THREAD THE NEEDLE X 4/4

B.

AIR SQUATS X 10

HIP LIFT X 10

BURPEES X 3



HERE WE GO!

DAY 1

5 ROUNDS

AIRSQUAT X 10

V-UPS X 10

CRUSHED IT!

DAY 2

REV LUNGES X 20

PLANK WALK X 20

SIT UPS X 20

DYNAMIC SIDE PLANK X 20 RIGHT

DYNAMIC SIDE PLANK X 20 LEFT

CRUSHED IT!

DAY 3

2 ROUNDS

BURPEES X 5

KB SWING X 20

ALTERNATING V-UPS X 20 (10 EACH LEG)

BURPEES X 5

CRUSHED IT!

DAY 4

AIR SQUAT X 75

PUSH UPS X 25

CRUSHED IT!

DAY 5

GROUND TO OVER HEAD X 100

WITH SOMETHING THAT WEIGHS 10-20 KG

YOUR KB OR SOMETHING ELSE IF ITS TOO LIGHT/HEAVY

CRUSHED IT!

DAY 6

MOUNTAIN CLIMBERS X 100

(KNEES TO ELBOW)

CRUSHED IT!

DAY 7

SIT UPS X 40
PUSH UPS X 40
SUPERMANS X 20

CRUSHED IT!



DAY 8

LUNGE X 20
PUSH UP X 20
GOBLET SQUAT X 20
PUSH UP X 20
BICEPS CURL X 20

CRUSHED IT!



DAY 9

JUMPING AIR SQUAT X 25
BURPEES X 15
ALT V-UPS X 30
BEAR TAPS X 30

CRUSHED IT!



DAY 10

PUSH UP TO SUPERMAN X 25
SIT UPS X 25
KB CLEAN X 50

CRUSHED IT!



DAY 11

KB RDL X 25
STATIC LUNGES X 50 (25/25)
KB RDL X 25

CRUSHED IT!



DAY 12

KB/DB BENT OVER ROW X 13/13
FLOOR PRESS X 13/13

CRUSHED IT!



KB/DB BENT OVER ROW X 12/12
FLOOR PRESS X 12/12



DAY 13

HIGH PLANK FEET TAPS X 50 (25/25)
SIDE CRUNCH V-UP X 50 (25/25)

CRUSHED IT!



DAY 14

KB DEAD HANG CLEAN X 50 (25/25)
V-UPS X 25
BURPEES X 25

CRUSHED IT!



DAY 15

5 ROUNDS (REST WHEN NEEDED)
HOLLOW HOLD X 10 S
TUCK UPS X 10

CRUSHED IT!



DAY 16

DOWN UPS X 100

CRUSHED IT!



DAY 17

REV LUNGES X 50 (25/25)
AIR SQUAT X 25
HIP LIFT X 25

CRUSHED IT!



DAY 18

LEG RAISES X 25
DYNAMIC SIDE PLANK X 25
DYNAMIC SIDE PLANK X 25
LEG RAISES X 25

CRUSHED IT!



DAY 19

SIDE PLANK CRUNCH X 10/10
SINGLE ARM KB SWING X 15/15
SIDE PLANK CRUNCH X 10/10
SINGLE ARM KB SWING X 15/15

CRUSHED IT!



DAY 20

ALT SUPERMANS X 30
PLANK UPS X 20
PLANK SUPERMANS X 30
PLANK WALK X 20

CRUSHED IT!



DAY 21

4 ROUNDS

BURPEES X 5
PUSH UPS X 10
AIR SQUAT X 10

CRUSHED IT!



DAY 22

5 ROUNDS

LUNGES X 10
MOUNTAIN CLIMBERS X 10

CRUSHED IT!



DAY 23

BICYCLE CRUNCH X 50
PLANK X 50 S (OR LONGER IF YOU GOT IT IN YOU ;)

CRUSHED IT!



DAY 24

KB CLEAN AND SQUAT X 25
PULL APARTS X 25
PLANK SHUFFLE X 25
SHOULDER TAPS X 25

CRUSHED IT!



DAY 25

SPLIT STANCE DL X 25/25
HEEL TOUCH X 50

CRUSHED IT!



DAY 26

BEAR TAPS X 100

CRUSHED IT!



DAY 27

4 ROUNDS

PUSH-UP X 5
STATIC LUNGES X 10/10

CRUSHED IT!



DAY 28

SIDE CRUNCH V-UPS X 25/25
SIDE PLANK WITH ROTATION X 25/25

CRUSHED IT!



DAY 29

GROUND TO SHOULDER X 100
(HEAVY BALL, KB (2 HAND GRIP), DB, WHAT EVER YOU GOT)

CRUSHED IT!



DAY 30

2 ROUNDS

KB SWING X 25
AIR SQUAT X 15
V-UPS X 10

CRUSHED IT!



DAY 31

2 ROUNDS

HOLLOW PRESS X 25

HIP LIFT X 25

CRUSHED IT!

DAY 32

2 ROUNDS

FORWARD / BACKWARD LUNGE X 10/10

BICYCLE CRUNCHES X 30

CRUSHED IT!

DAY 33

PLANK REACH X 50

PLANK SHUFFLE X 50

CRUSHED IT!

DAY 34

1 KB SWING + CLEAN + PRESS X 25/25

GOBLET SQUAT X 25

KB SWING X 25

CRUSHED IT!

DAY 35

PLANK KNEE TO ELBOW X 50

HEEL TOUCHES X 50

CRUSHED IT!

DAY 36

KB BENT OVER ROW X 25/25

TUCK UPS X 50

CRUSHED IT!

DAY 37

BUTTERFLY SIT-UPS X 100

CRUSHED IT!



DAY 38

BANDED PULL APART X 25

SHOULDER TAPS X 25

BANDED PULL APART X 25

SHOULDER TAPS X 25

CRUSHED IT!



DAY 39

4 ROUNDS

KB SWING X 10

JUMPING LUNGES X 10

PUSH UPS X 5

CRUSHED IT!



DAY 40

5 ROUNDS

HOLLOW HOLD X 10 S

ALT V-UPS X 5/5

REST 10 S BETWEEN EVERY ROUND.

CRUSHED IT!



DAY 41

BANDED BICEPS CURL X 25/25

BANDED TRICEPS EXTENSIONS X 25/25

CRUSHED IT!



DAY 42

EMOM 5 MIN

LEG RAISE X 10 (2 SEC DOWN)

PUSH UPS X 8-10

AIM FOR 10-15 SEC REST EACH ROUND.

CRUSHED IT!



DAY 43

5 ROUNDS

SINGLE ARM KB SWING X 5/5
KICK THROUGH X 10

CRUSHED IT!



DAY 44

2 ROUNDS

PRISONER GET UP X 5/5
SIDE CRUNCH V-UPS X 5/5
SINGLE LEG HIP LIFT X 5/5
V-UPS X 10
JUMPING AIR SQUAT X 10

CRUSHED IT!



DAY 45

5 ROUNDS

PLANK KNEE TO ELBOW X 5/5
BICYCLE CRUNCH X 5/5

CRUSHED IT!



DAY 46

4 ROUNDS

STATIC LUNGES X 5/5
KB ROW X 10
GOBLET SQUAT X 5

CRUSHED IT!



DAY 47

5 ROUNDS

CRUSH GRIP BICEPS CURL X 10
ELEVATED DIAMOND PUSH UPS X 10

CRUSHED IT!



DAY 48

2 ROUNDS

WEIGHTED LEG RAISES X 26
(HOLD SOMETHING LIGHT BETWEEN YOUR FEET)
PLANK SIDE DIPS X 24

CRUSHED IT!



DAY 49

4 ROUNDS

RUNNING HEEL TAP X 20

BURPEES X 5

CRUSHED IT!



DAY 50

5 ROUNDS

HOLLOW HOLD X 10 S

ALT V-UPS X 10

10-20 SECOND REST, KEEP IT BURNING!

CRUSHED IT!



DAY 51

4 ROUNDS

BANDED CROSS BODY X 5/5

BANDED ROW X 15

CRUSHED IT!



DAY 52

4 ROUNDS

KB CLEAN X 10/10

PUSH UPS X 5

CRUSHED IT!



DAY 53

4 ROUNDS

LUNGE + CURL X 5/5

HEEL TAPS X 10

V-UPS X 5

CRUSHED IT!



DAY 54

10 MIN EMOM

1. BURPEE - KB SWING X 10

2. 1 KB THRUSTER X 5/5

CRUSHED IT!



DAY 55

5 ROUNDS

KB SEATED TWIST X 10
DYNAMIC SIDE PLANK X 5/5

CRUSHED IT!



DAY 56

5 ROUNDS

LUNGE - SQUAT COMPLEX X 10
HAMSTRING WALK X 10

CRUSHED IT!



DAY 57

2 ROUNDS

KB WOODSHOP X 5/5
PLANK SHUFFLE X 15

THEN IN TO 2 ROUNDS

GET UPS X 5/5
KB CRUNCHES X 15

CRUSHED IT!



DAY 58

4 ROUNDS

PULL APART X 15
SHOULDER PRESS, 3 S DOWN X 5/5

CRUSHED IT!



DAY 59

4 ROUNDS

DEADLIFT - ROW X 5/5
FLOOR ANGELS X 15

CRUSHED IT!



DAY 60

5 ROUNDS

JUMPING JACKS X 10
HALF BURPEE - BEAR TAP X 10

CRUSHED IT!



DAY 61

5 ROUNDS

FACE PULLS X 10

CRUSH GRIP PRESS X 10

CRUSHED IT!



DAY 62

5 ROUNDS

WALL PLANK MOUNTAIN CLIMBERS X 10

PLANK PULL X 10

CRUSHED IT!



DAY 63

4 ROUNDS

SIDE TO SIDE CRUNCH V-UPS X 10

FLUTTER KICKS X 15 S

REST 20 S / ROUND

CRUSHED IT!



DAY 64

4 ROUNDS

KB DEADLIFT X 10

KB CLEAN X 10

DOWN UPS X 5

CRUSHED IT!



DAY 65

4 ROUNDS

OH TRICEPS EXTENSION X 10

BICEPS CURL 3 S DOWN X 10

PUSH UPS 3 S DOWN X 5

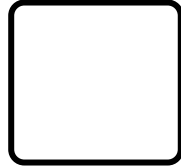
CRUSHED IT!



DAY 66

BURPEES X 100

CRUSHED IT!



You LEGEND!

You did it! 66 Days of discipline, HABIT building,
hard work and grit!

What now?

Join the movement!

DM us @movinghabit_trainingclub
and get 2 weeks free to experience a gym
where training and discipline thrive together!

(Can i get this even if i have not finished the 66
workouts? Yes, you can 😊)

And yes, we talk swedish at the gym! 😊

