



28 Day Workout Challenge

Take the Tuby workout challenge and witness the power of consistency, motivation, and dedication in achieving a stronger, healthier, and more confident you!



Introduction

Everyone knows that they should exercise more and live healthier in general. But with so many different opinions and so much research out there, it can be a bit overwhelming to know where to start.

So where do you start?

Well, if you're reading this, then you've decided to start with Tuby. And we think it's a great choice. We're here to make this journey as easy and enjoyable as possible for you.

How do you get fit with Tuby?

It all comes down to building a routine. Our goal is not to make you the biggest, fittest and strongest person on the planet. Our goal is to help you get into a habit of working out every day.

We start with super simple, short exercises each day. Just to get you moving. Then we gradually increase the difficulty and duration of these exercises.

We recommend doing our workouts in the morning because morning exercise can boost your metabolism and increase your energy levels throughout the whole day.

But whether you want to exercise in the morning or after work, it's completely up to you. The important thing is consistency - do the recommended workout **EVERY DAY**.



After about 3–4 days, you will already start seeing your energy levels increase. You will also start to feel that these workouts are becoming easier to do. At this point we'll start increasing the duration and difficulty of them. Because that's where growth happens - when you push yourself.

If you want to exercise more, feel free to do so. Just don't try to do too much too fast so that you become too tired to workout the next day or injure yourself.

We know how addictive Tuby games can be and while they are super simple at their core, some games can be deceptively tiring (especially for your legs).

So let's get started and play Tuby.



Getting started

To do your Tuby workouts you'll need:

- 01 Comfortable clothing.** You can do most of our games even in jeans or you work clothes but we recommend putting on your gym outfit (especially as the challenge goes on). This will simply allow you to exercise more comfortably.
- 02 An area to move around.** Tuby works by using your front-facing camera to track your movements. So place your smart device on a chair, table or whatever you prefer with the screen facing you. Turn on the game you have to play and take a few steps back. Your full body needs to match the outlined stick figure on the screen. Make sure you have some space to move around sideways and a little room in the back as well in case you need to lay down.
- 03 Music.** It's not necessary, but working out with some music in the background is a nice idea. Up beat music can elevate your mood and even help you push through some more challenging exercises.
- 04 Some stretching.** Before and after each exercise session, we recommend doing some short stretches for your body. Stretching before exercise can help prevent possible injuries. While stretching after exercise will help with reducing muscle soreness as well as allow you to be more mobile even when you build up muscle.

- 05 Watch a few tutorials.** When you open a game mode for the first time, take you time to get familiar with how it works. Before hitting Play, look at the preview video. You can also click on the "i" icon in the top left corner to see a full tutorial of each game mode. This will help you do the games correctly without having to guess what you need to do.

And that's it. You don't need to go to the gym, you don't need to buy any additional equipment, you just need to start moving. So let's get to it!



Day 01

Estimated time: 3:05 min



Flapper

🗄 Moving

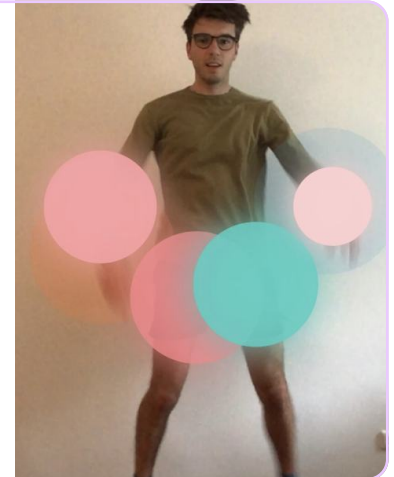
🕒 Recommended difficulty: 0:40min



StopDance

🗄 Moving

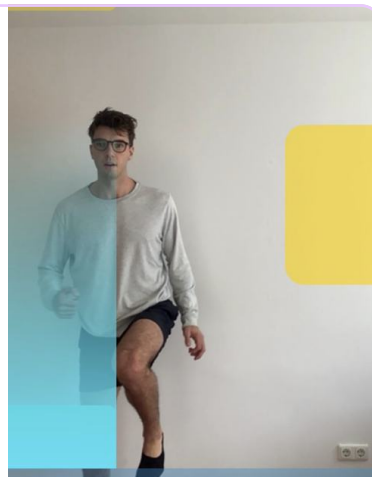
🕒 Recommended difficulty: 1:00min



IceSkating

🗄 Jumps

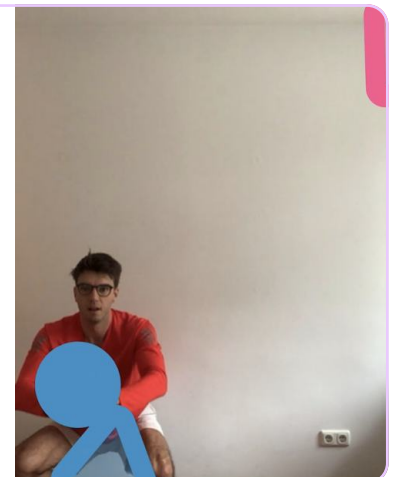
🕒 Recommended difficulty: 0:40min



Squat2D

🗄 Squats

🕒 Recommended difficulty: 0:45min



Day 02

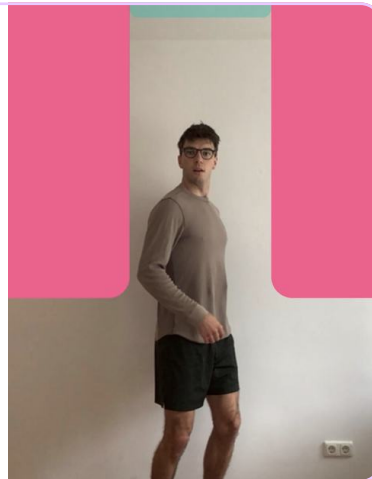
Estimated time: 3:20 min



Stamper

🗄 Moving

🕒 Recommended difficulty: 0:45min



StopDance

🗄 Moving

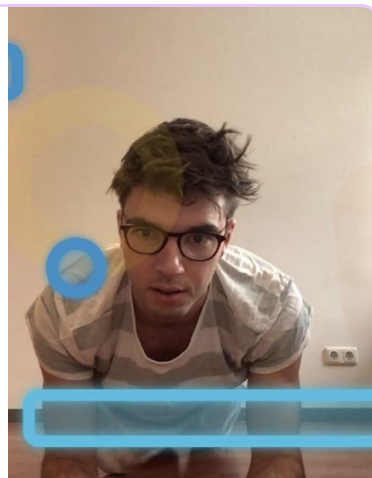
🕒 Recommended difficulty: 1:00min



GravityPush

🗄 Pushups

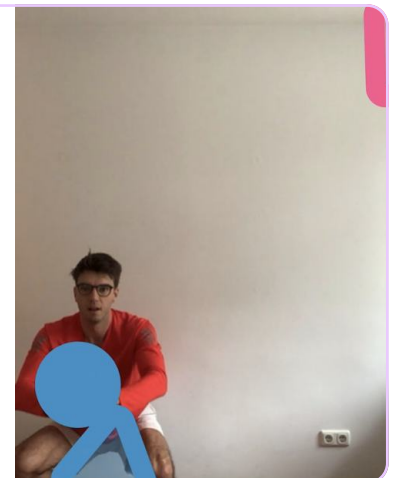
🕒 Recommended difficulty: 0:50min



Squat2D

🗄 Squats

🕒 Recommended difficulty: 0:45min



Day 03

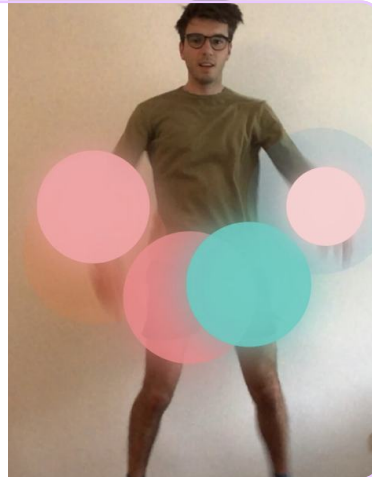
Estimated time: 3:40 min



StopDance

🗄 Moving

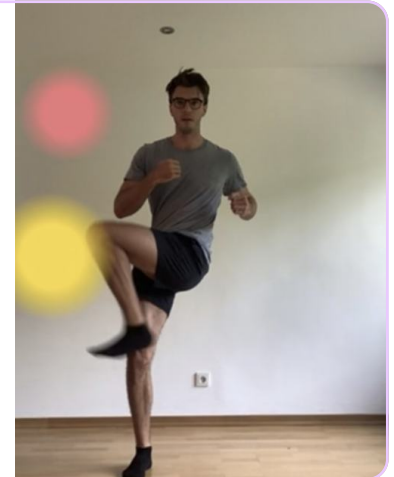
🕒 Recommended difficulty: 1:00min



Boxer

🗄 Moving

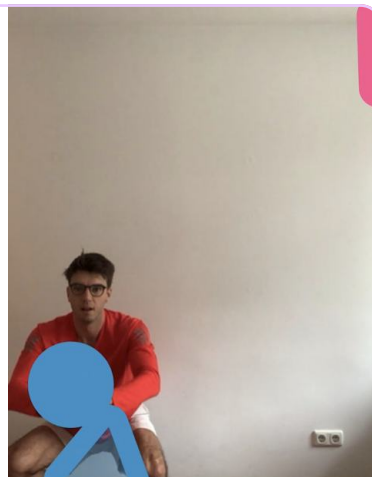
🕒 Recommended difficulty: 0:40min



Squat2D

🗄 Squats

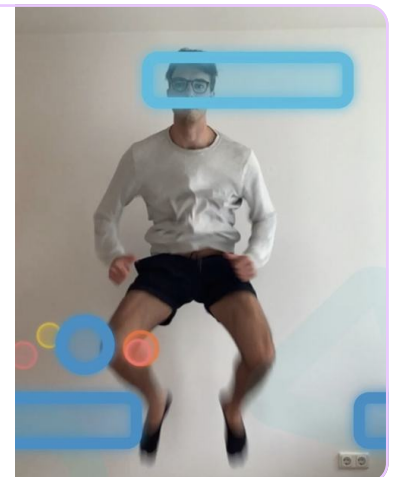
🕒 Recommended difficulty: 0:45min



Gravity

🗄 Squats

🕒 Recommended difficulty: 1:15min



Day 04

Estimated time: 3:45 min



Boxer

 Moving

 Recommended difficulty: 1:00min



KeypointMove

 Moving

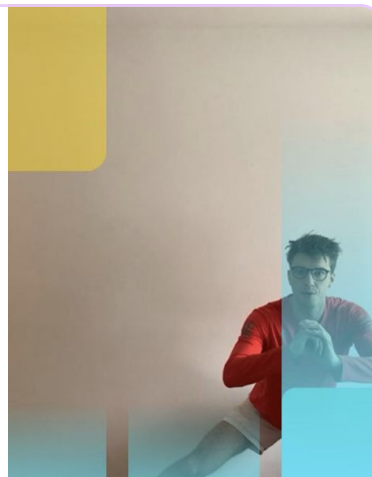
 Recommended difficulty: 0:45min



LungesPositioner

 Squats

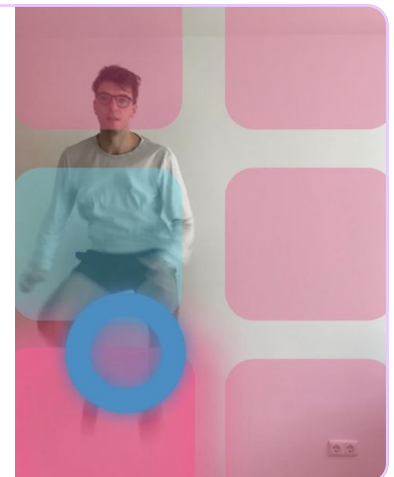
 Recommended difficulty: 0:35min



BoxMover

 Squats

 Recommended difficulty: 0:45min



CrunchyBicycle

🗄 Crunches

🕒 Recommended difficulty: 0:40min



Day 05

Estimated time: 4:05 min



FreeRunner

🗄 Moving

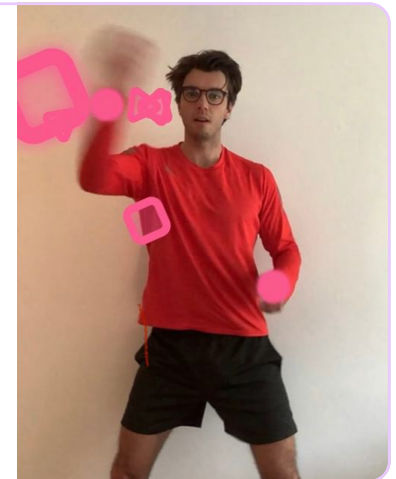
🕒 Recommended difficulty: 0:45min



NinjaKarate

🗄 Moving

🕒 Recommended difficulty: 0:40min



Boxer

🗄 Moving

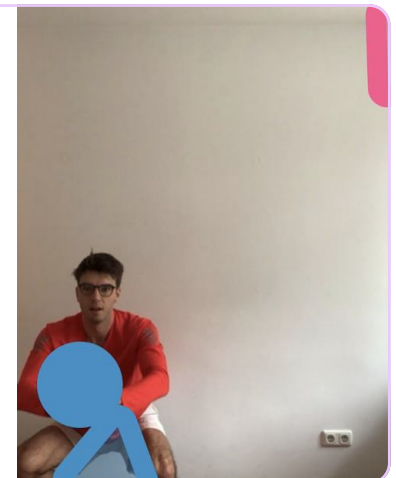
🕒 Recommended difficulty: 0:40min



Squat2D

🗄 Squats

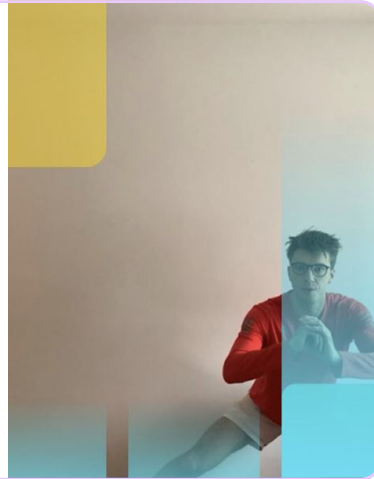
🕒 Recommended difficulty: 0:45min



LungesPositioner

🗄 Squats

🕒 Recommended difficulty: 0:35min



CrunchyBicycle

🗄 Crunches

🕒 Recommended difficulty: 0:40min



Day 06

Estimated time: 5:00 min



Boxer

🗄 Moving

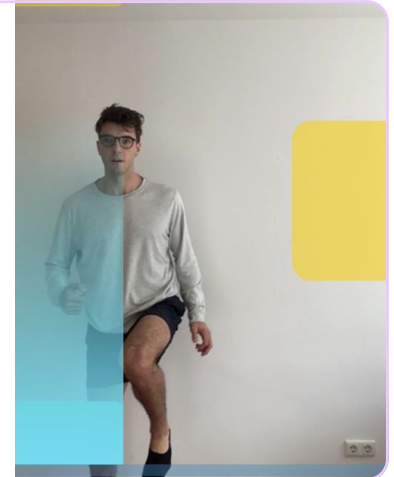
🕒 Recommended difficulty: 0:40min



IceSkating

🗄 Jumps

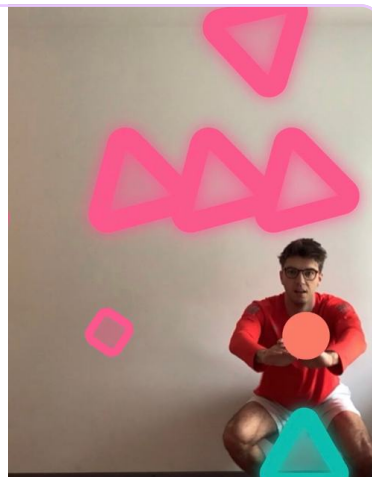
🕒 Recommended difficulty: 0:40min



SquatShooter

🗄 Squats

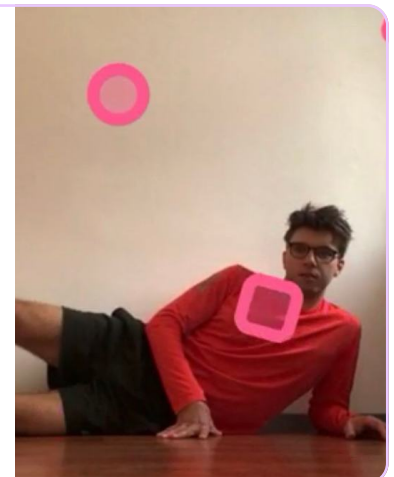
🕒 Recommended difficulty: 0:30min



Catcher

🗄 HighKnees

🕒 Recommended difficulty: 1:15min



CrunchyBicycle

🗄 Crunches

🕒 Recommended difficulty: 0:40min



Day 07

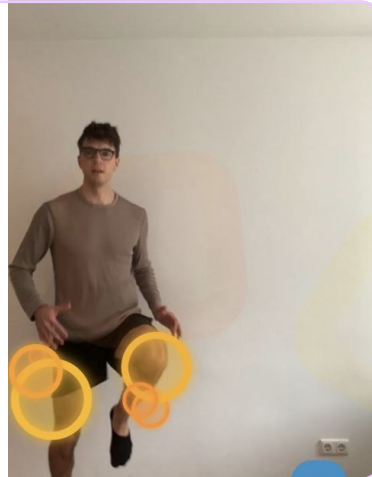
Estimated time: 5:00 min



FreeRunner

🗄 Moving

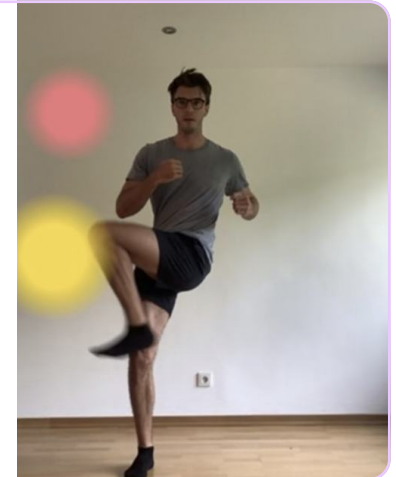
🕒 Recommended difficulty: 0:45min



Boxer

🗄 Moving

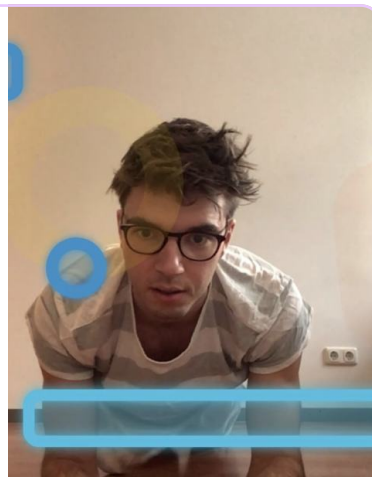
🕒 Recommended difficulty: 1:00min



GravityPush

🗄 Pushups

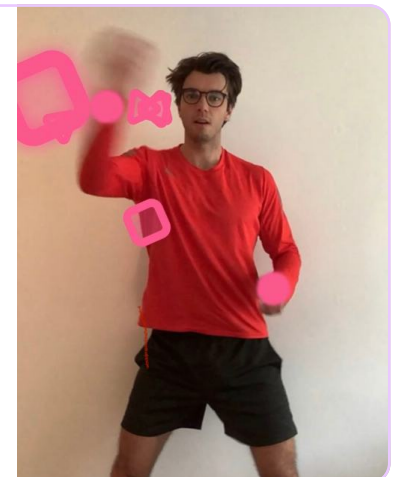
🕒 Recommended difficulty: 1:10min



NinjaKarate

🗄 Moving

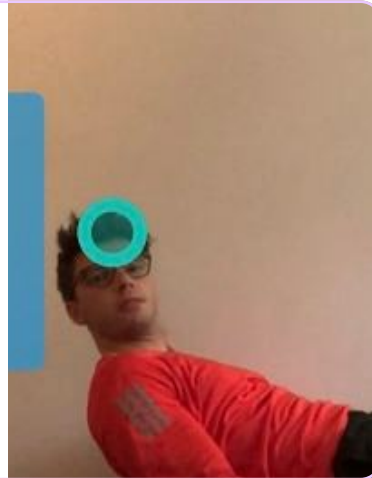
🕒 Recommended difficulty: 0:50min



Slider

🗄 Crunches

🕒 Recommended difficulty: 0:45min



LegLiftEscape

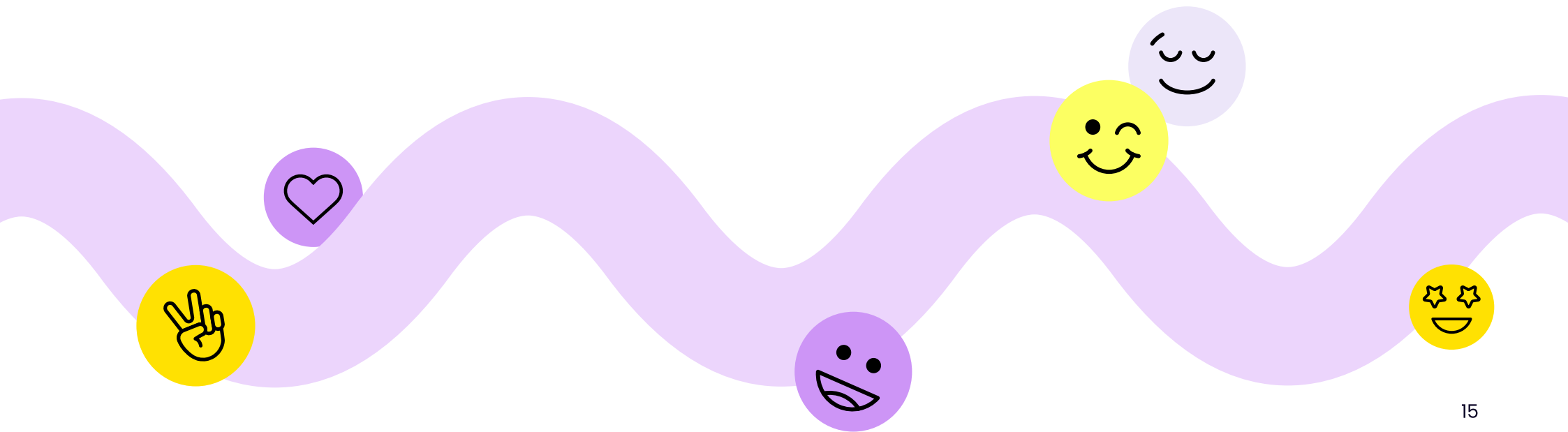
🗄 Crunches

🕒 Recommended difficulty: 0:30min



Great job, you're done with your first week of exercises.

Keep up the great work!



Day 08

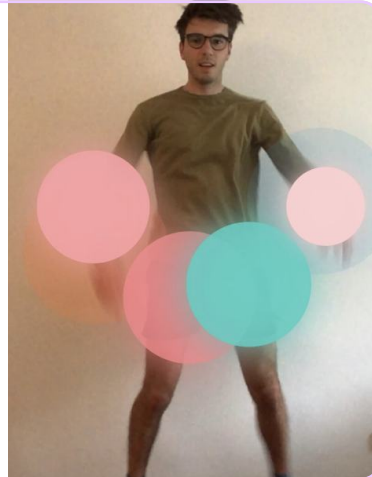
Estimated time: 5:40 min



StopDance

🗄 Moving

🕒 Recommended difficulty: 1:15min



KeypointMove

🗄 Moving

🕒 Recommended difficulty: 1:15min



Catcher

🗄 HighKnees

🕒 Recommended difficulty: 1:15min



CrunchyBicycle

🗄 Crunches

🕒 Recommended difficulty: 0:40min



Day 09

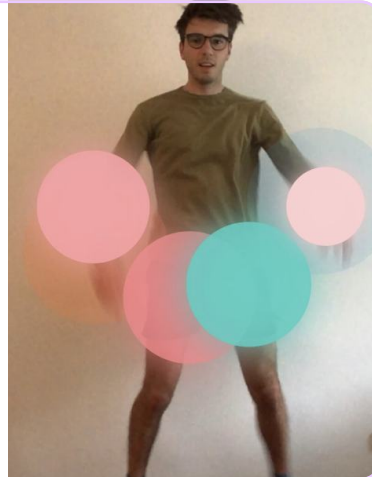
Estimated time: 5:25 min



StopDance

🗄 Moving

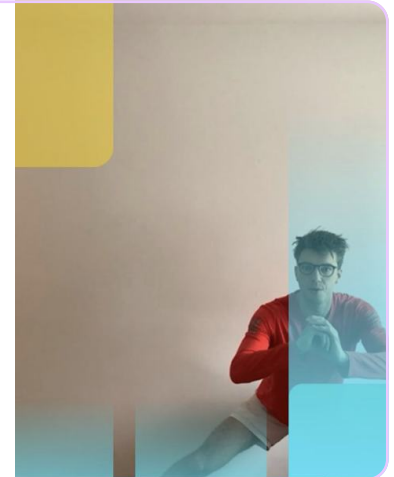
🕒 Recommended difficulty: 1:15min



LungesPositioner

🗄 Squats

🕒 Recommended difficulty: 0:35min



Gravity

🗄 Squats

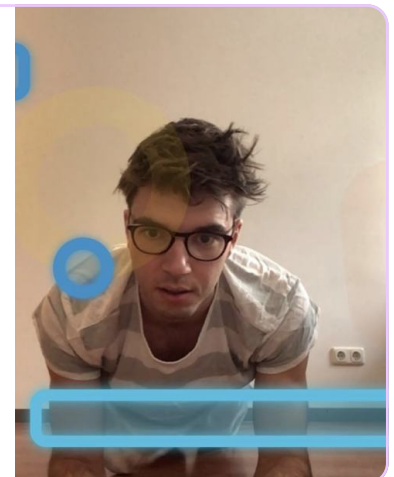
🕒 Recommended difficulty: 1:45min



GravityPush

🗄 Pushups

🕒 Recommended difficulty: 1:10min



CrunchyBicycle

🗄 Crunches

🕒 Recommended difficulty: 0:40min



Day 10

Estimated time: 4:50 min



Boxer

🗄 Moving

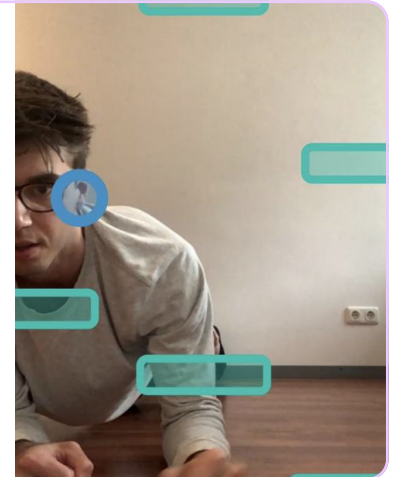
🕒 Recommended difficulty: 1:00min



PlankUp

🗄 Planks

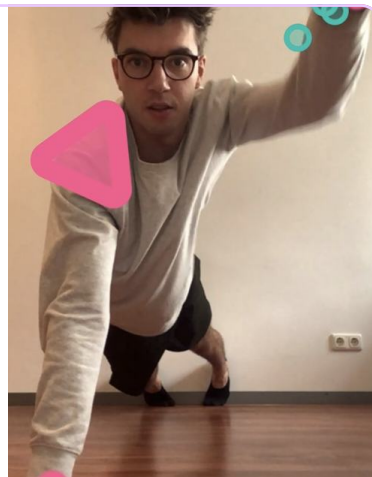
🕒 Recommended difficulty: 0:30min



PushReach

🗄 Pushups

🕒 Recommended difficulty: 1:15min



LungesPositioner

🗄 Squats

🕒 Recommended difficulty: 1:00min



CrunchyBicycle

🗄️ Crunches

🕒 Recommended difficulty: 1:05min



Day 11

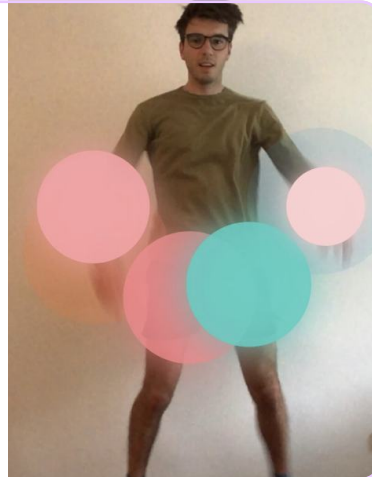
Estimated time: 5:45 min



StopDance

🗄 Moving

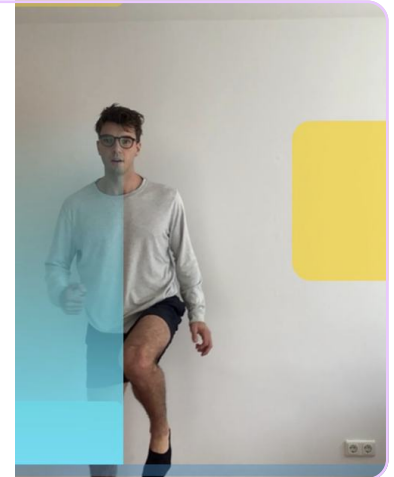
🕒 Recommended difficulty: 1:15min



IceSkating

🗄 Jumps

🕒 Recommended difficulty: 1:00min



Gravity

🗄 Jumps

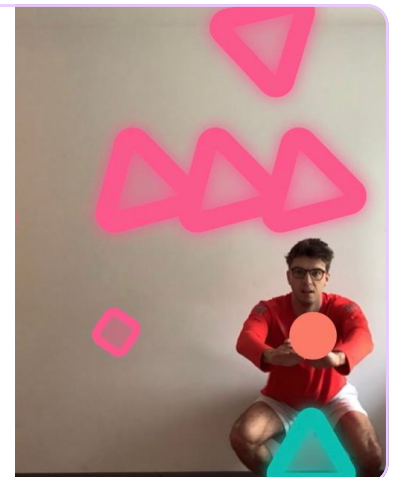
🕒 Recommended difficulty: 1:45min



SquatShooter

🗄 Squats

🕒 Recommended difficulty: 0:30min



Slider

☐ Crunches

🕒 Recommended difficulty: 1:15min



Day 12

Estimated time: 6:45 min



KeypointMove

🗄 Moving

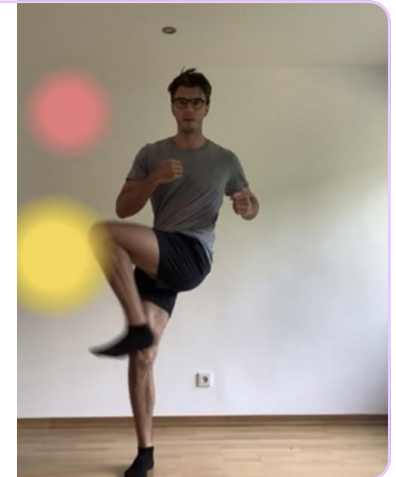
🕒 Recommended difficulty: 1:15min



Boxer

🗄 Moving

🕒 Recommended difficulty: 1:20min



Catcher

🗄 HighKnees

🕒 Recommended difficulty: 1:45min



CrunchyBicycle

🗄 Crunches

🕒 Recommended difficulty: 0:40min



Day 13

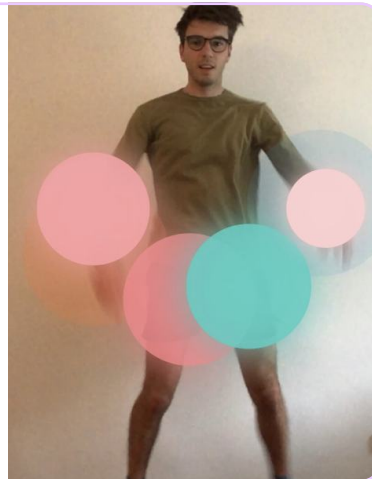
Estimated time: 6:35 min



StopDance

🗄 Moving

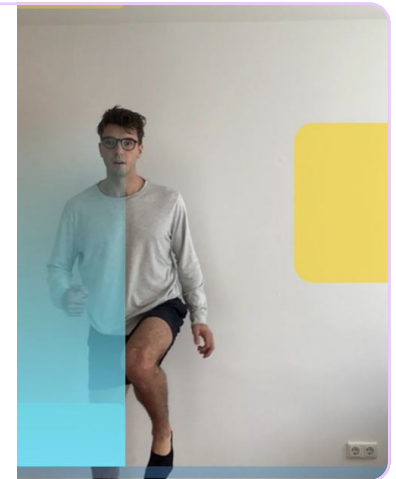
🕒 Recommended difficulty: 1:15min



IceSkating

🗄 Jumps

🕒 Recommended difficulty: 1:00min



StandingSlider

🗄 HighKnees

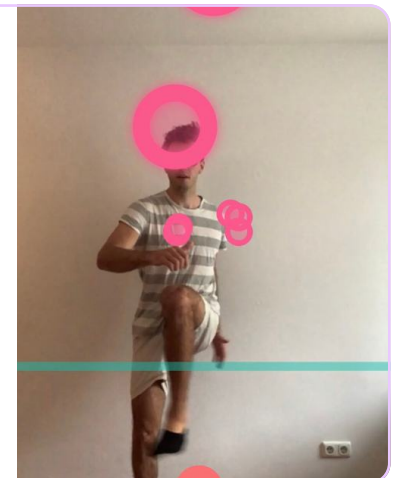
🕒 Recommended difficulty: 0:45min



KneeShooter

🗄 HighKnees

🕒 Recommended difficulty: 0:50min



CatcherBothLegs

HighKnees

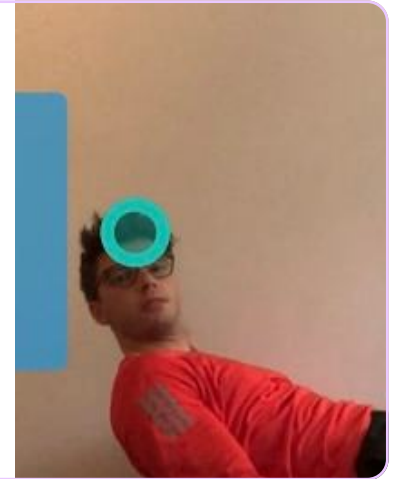
Recommended difficulty: 0:45min



Slider

Crunches

Recommended difficulty: 1:15min



Day 14

Estimated time: 6:45 min



KeypointMove

🗄 Moving

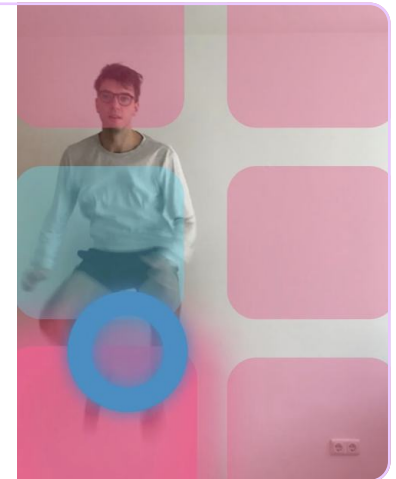
🕒 Recommended difficulty: 1:15min



BoxMover

🗄 Moving

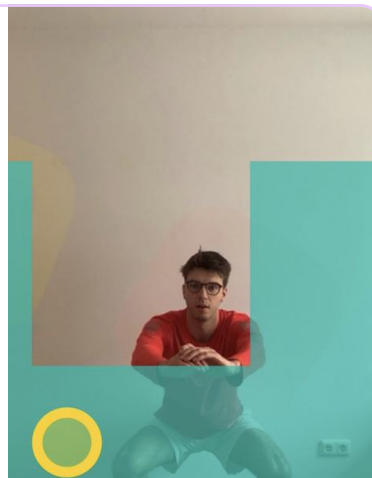
🕒 Recommended difficulty: 1:15min



CorridorRun

🗄 Squats

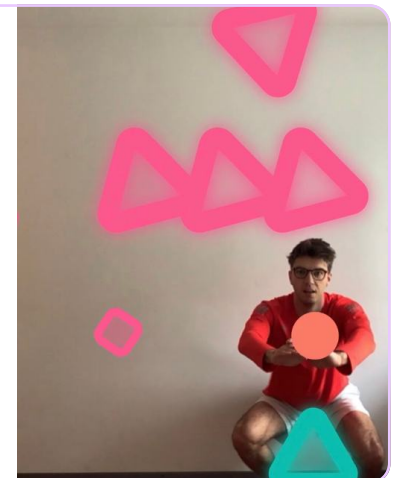
🕒 Recommended difficulty: 0:30min



SquatShooter

🗄 Squats

🕒 Recommended difficulty: 1:00min



CatcherBothLegs

HighKnees

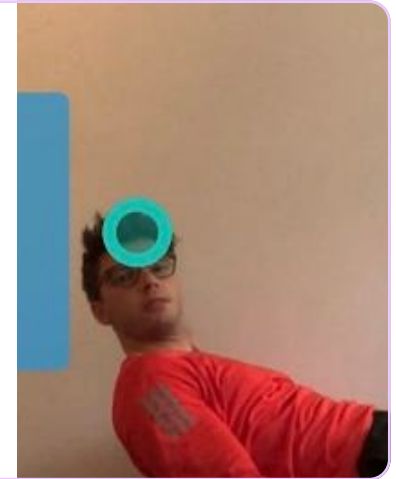
Recommended difficulty: 0:45min



Slider

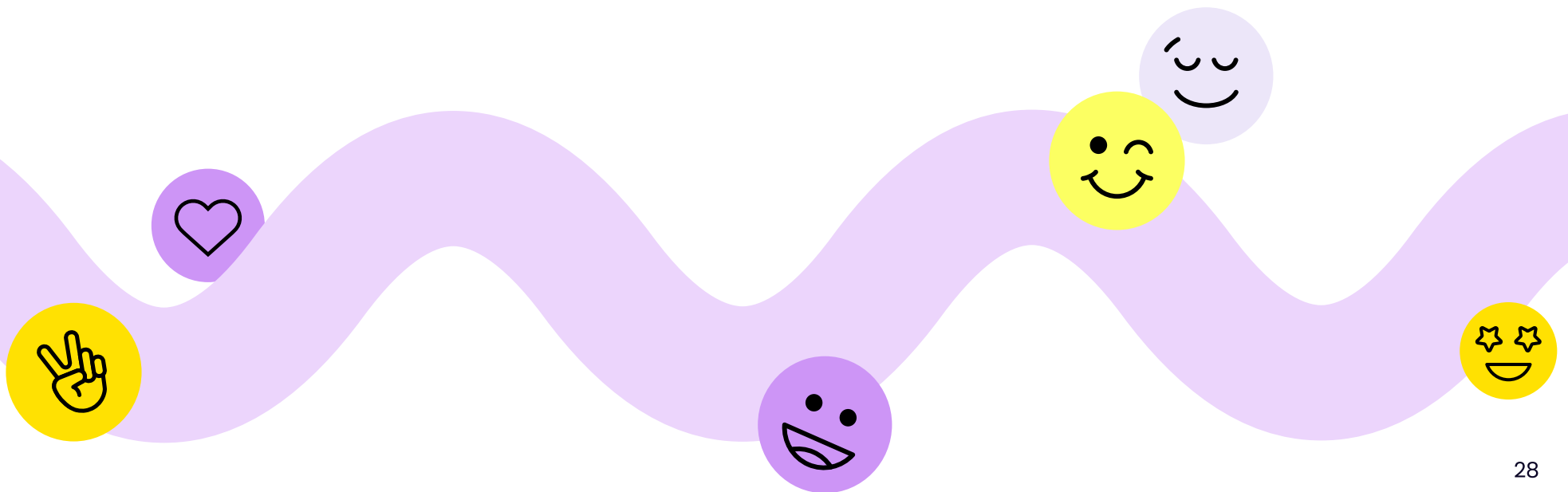
Crunches

Recommended difficulty: 1:15min



You're halfway through your 28-day challenge, amazing job!

You might not notice but you're steadily becoming stronger every day. Let's try to increase the intensity a little more!



Day 15

Estimated time: 7:05 min



Boxer

🗄 Moving

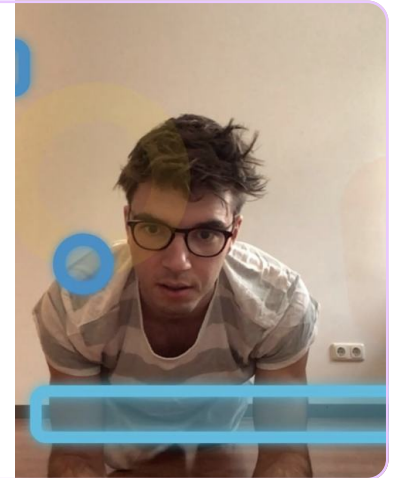
🕒 Recommended difficulty: 1:00min



GravityPush

🗄 Pushups

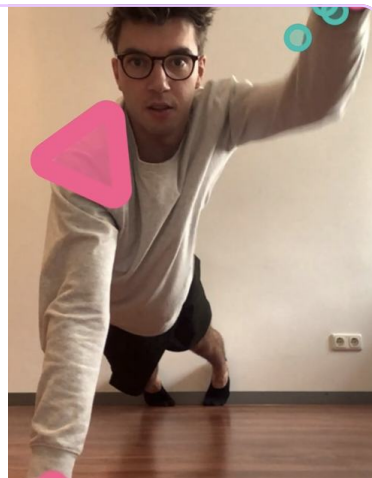
🕒 Recommended difficulty: 1:10min



PushReach

🗄 Pushups

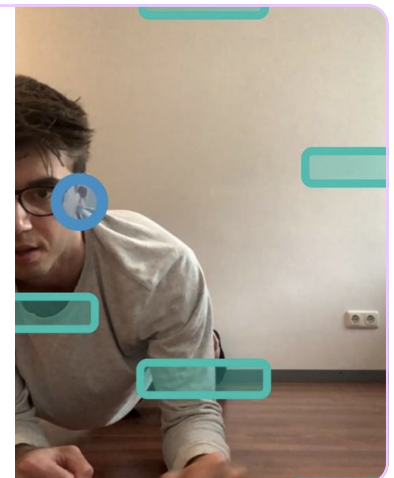
🕒 Recommended difficulty: 1:15min



PlankUp

🗄 Planks

🕒 Recommended difficulty: 0:30min



CatcherBothLegs

HighKnees

Recommended difficulty: 0:45min



LegLiftEscape

Crunches

Recommended difficulty: 0:30min



Slider

Crunches

Recommended difficulty: 1:15min



CrunchyBicycle

Crunches

Recommended difficulty: 0:40min



Day 16

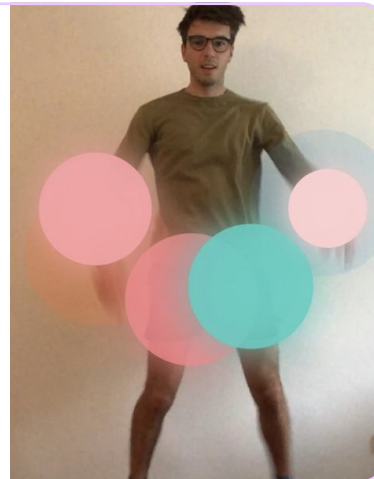
Estimated time: 6:53 min



StopDance

🗄 Moving

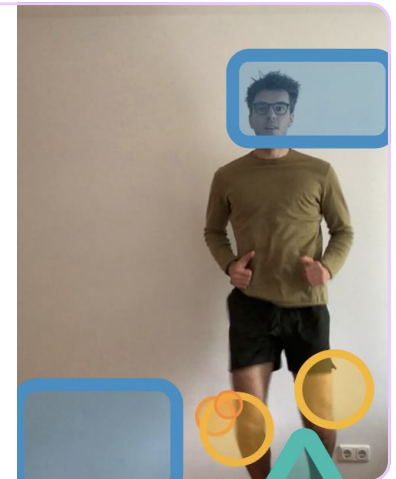
🕒 Recommended difficulty: 1:30min



UfoRun

🗄 HighKnees

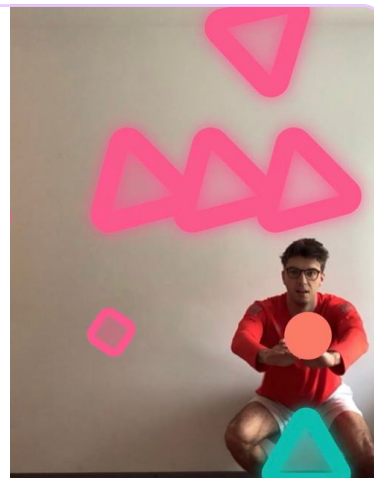
🕒 Recommended difficulty: 0:40min



SquatShooter

🗄 Squats

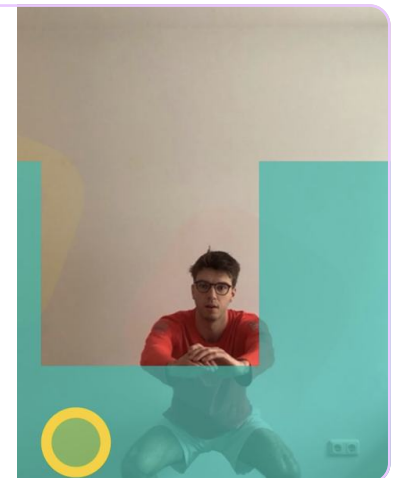
🕒 Recommended difficulty: 1:00min



CorridorRun

🗄 Squats

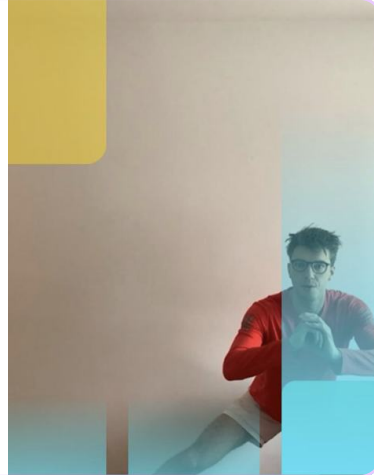
🕒 Recommended difficulty: 0:50min



LungesPositioner

🗄 Squats

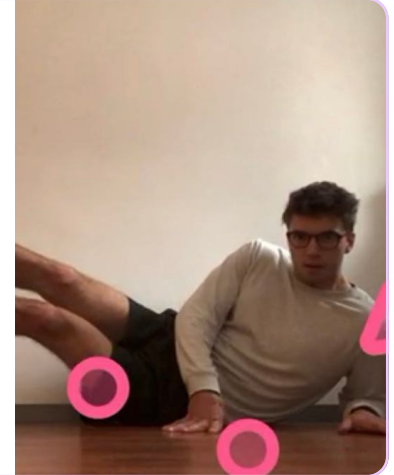
🕒 Recommended difficulty: 0:35min



CatcherBothLegs

🗄 HighKnees

🕒 Recommended difficulty: 1:03min



Slider

🗄 Crunches

🕒 Recommended difficulty: 1:15min



Day 17

Estimated time: 7:50 min



Boxer

🗄 Moving

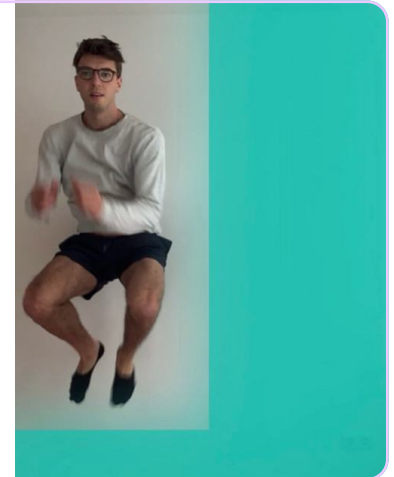
🕒 Recommended difficulty: 1:20min



GetOut

🗄 Jumps

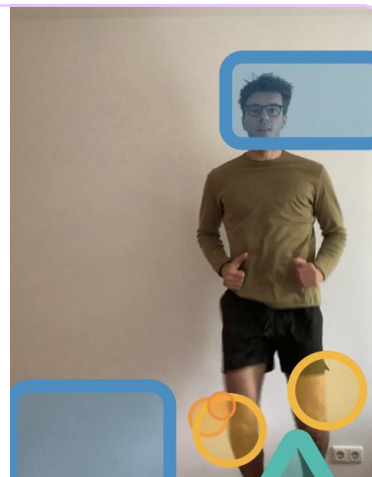
🕒 Recommended difficulty: 1:00min



UfoRun

🗄 HighKnees

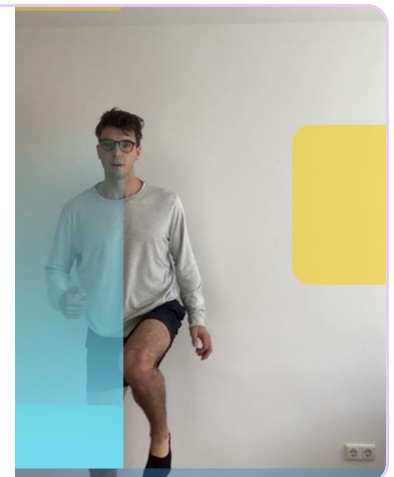
🕒 Recommended difficulty: 0:40min



IceSkating

🗄 Jumps

🕒 Recommended difficulty: 1:20min



StandingSlider

HighKnees

Recommended difficulty: 0:45min



Catcher

HighKnees

Recommended difficulty: 1:45min



Slider

Crunches

Recommended difficulty: 1:15min



Day 18

Estimated time: 8:20 min



Boxer

 Moving

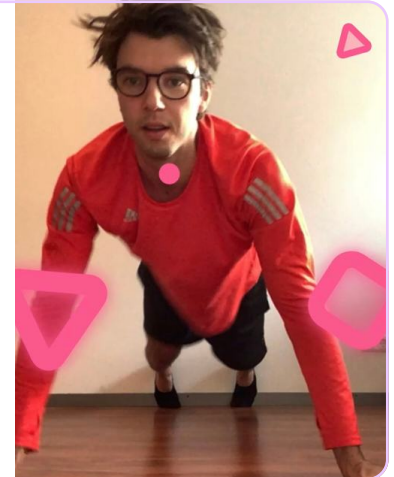
 Recommended difficulty: 1:20min



NinjaPush

 Pushups

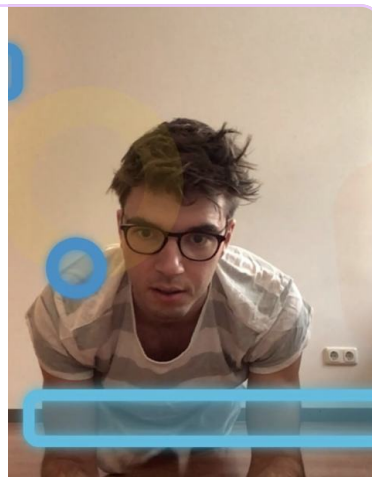
 Recommended difficulty: 0:35min



GravityPush

 Pushups

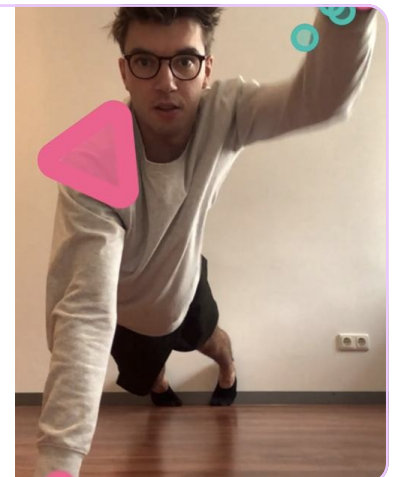
 Recommended difficulty: 1:10min



PushReach

 Pushups

 Recommended difficulty: 1:15min



Catcher

HighKnees

Recommended difficulty: 1:15min



CrunchyBicycle

Crunches

Recommended difficulty: 1:30min



Day 19

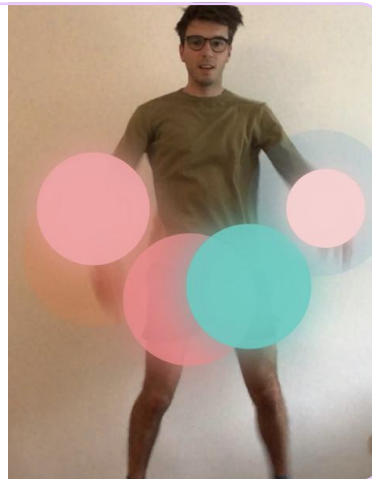
Estimated time: 8:33 min



StopDance

🗄 Moving

🕒 Recommended difficulty: 1:30min



Ninja

🗄 Moving

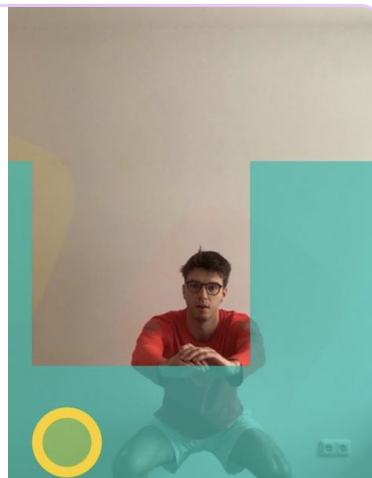
🕒 Recommended difficulty: 0:52min



CorridorRun

🗄 Squats

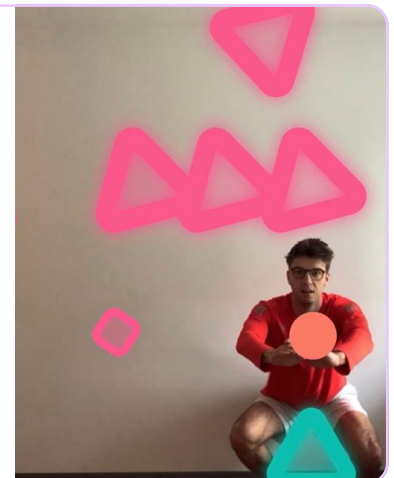
🕒 Recommended difficulty: 0:50min



SquatShooter

🗄 Squats

🕒 Recommended difficulty: 1:30min



CatcherBothLegs

HighKnees

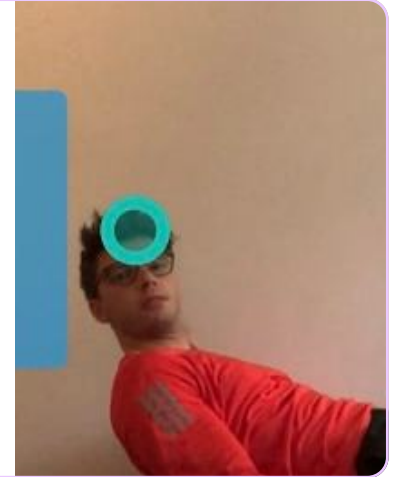
Recommended difficulty: 1:03min



Slider

Crunches

Recommended difficulty: 1:45min



Day 20

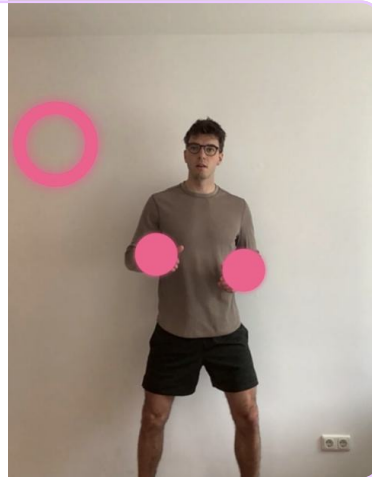
Estimated time: 8:50 min



KeypointMove

🗄 Moving

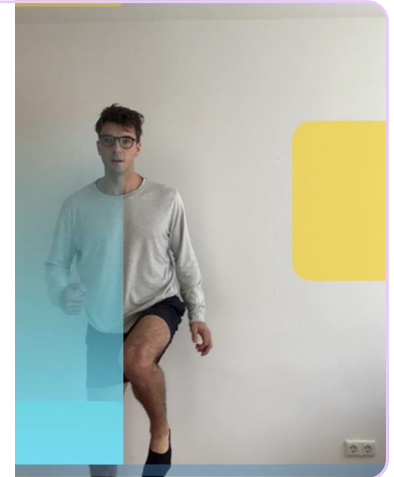
🕒 Recommended difficulty: 1:45min



IceSkating

🗄 Jumps

🕒 Recommended difficulty: 1:20min



StandingSlider

🗄 HighKnees

🕒 Recommended difficulty: 1:15min



Catcher

🗄 HighKnees

🕒 Recommended difficulty: 2:15min



Day 21

Estimated time: 8:14 min



Boxer

🗄 Moving

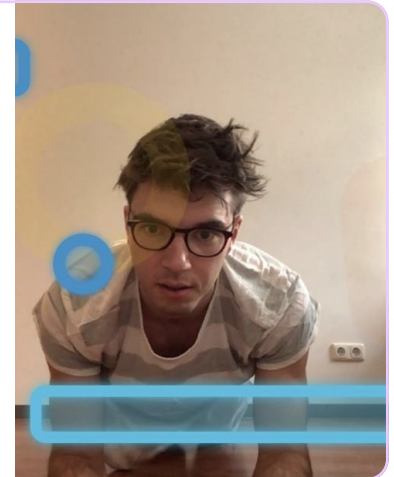
🕒 Recommended difficulty: 1:20min



GravityPush

🗄 Pushups

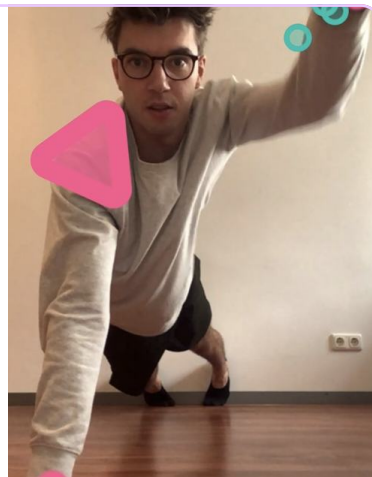
🕒 Recommended difficulty: 1:10min



PushReach

🗄 Pushups

🕒 Recommended difficulty: 1:15min



CatcherBothLegs

🗄 HighKnees

🕒 Recommended difficulty: 1:22min



Slider

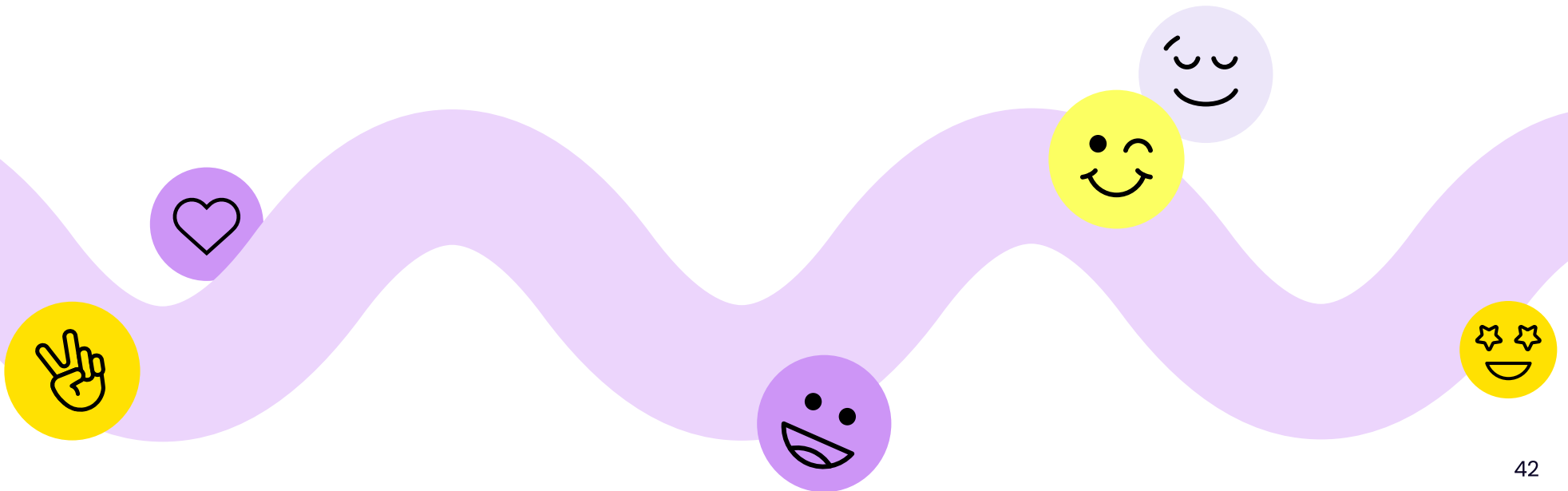
🗑️ Crunches

🕒 Recommended difficulty: 1:45min



3 weeks done, congratulations! You're doing an amazing job.

Now let's really push ourselves and finish this
28 day challenge strong.



Day 22

Estimated time: 9:14 min



Boxer

🗄 Moving

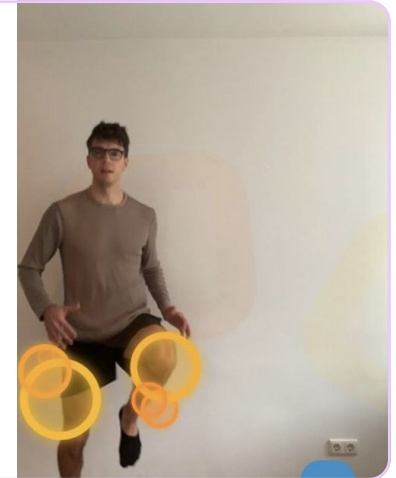
🕒 Recommended difficulty: 1:20min



FreeRunner

🗄 Moving

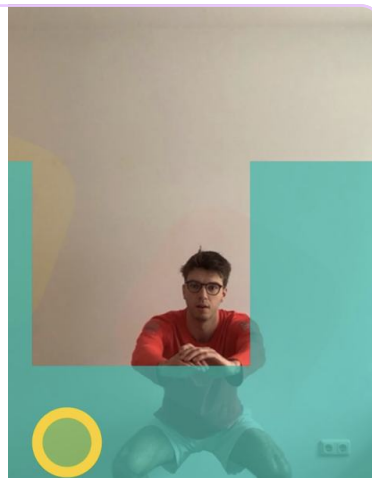
🕒 Recommended difficulty: 1:15min



CorridorRun

🗄 Squats

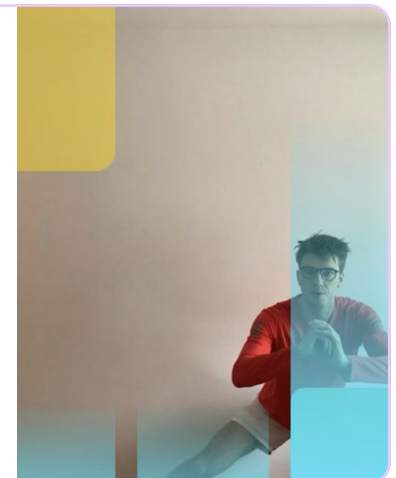
🕒 Recommended difficulty: 1:10min



LungesPositioner

🗄 Squats

🕒 Recommended difficulty: 1:30min



CatcherBothLegs

HighKnees

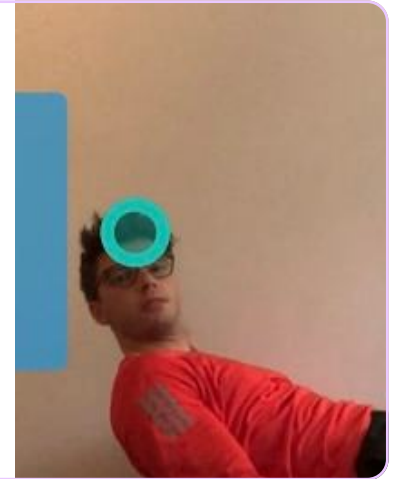
Recommended difficulty: 1:22min



Slider

Crunches

Recommended difficulty: 1:15min



Day 23

Estimated time: 9:04 min



KeypointMove

🗄 Moving

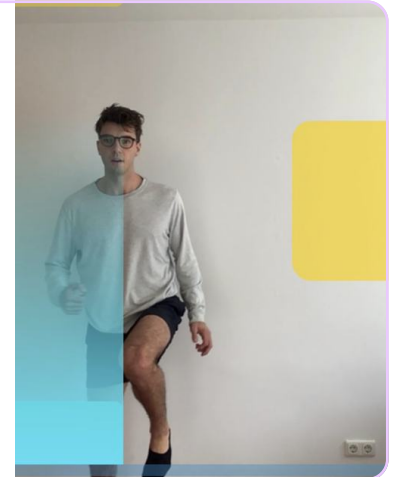
🕒 Recommended difficulty: 1:45min



IceSkating

🗄 Jumps

🕒 Recommended difficulty: 1:20min



StandingSlider

🗄 HighKnees

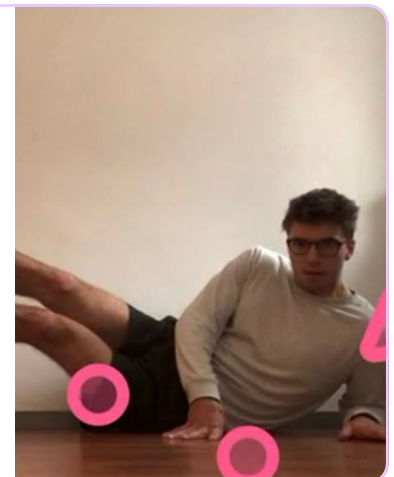
🕒 Recommended difficulty: 1:15min



CatcherBothLegs

🗄 HighKnees

🕒 Recommended difficulty: 1:22min



CrunchyBicycle

🗄 Crunches

🕒 Recommended difficulty: 1:30min



LegLiftEscape

🗄 Crunches

🕒 Recommended difficulty: 0:30min



Day 24

Estimated time: 8:10 min



Boxer

🗄 Moving

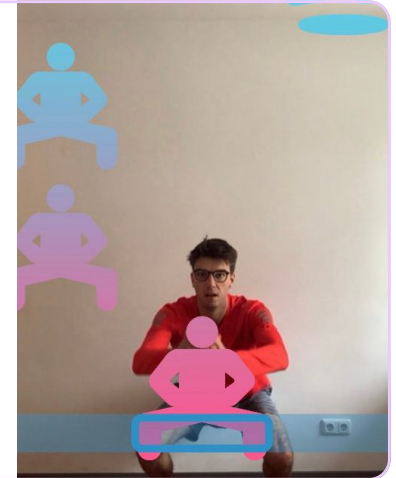
🕒 Recommended difficulty: 1:20min



FitnessHero

🗄 Burpees

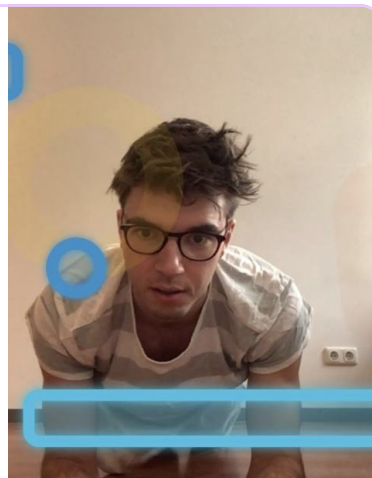
🕒 Recommended difficulty: 1:00min



GravityPush

🗄 Pushups

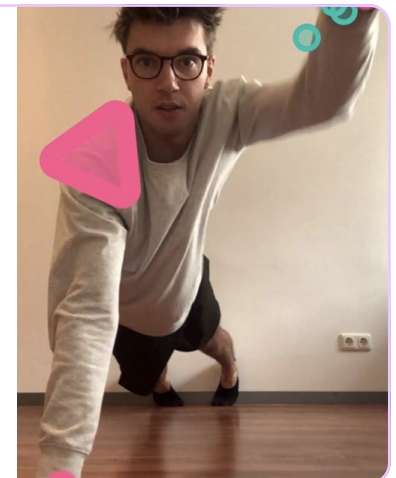
🕒 Recommended difficulty: 1:30min



PushReach

🗄 Pushups

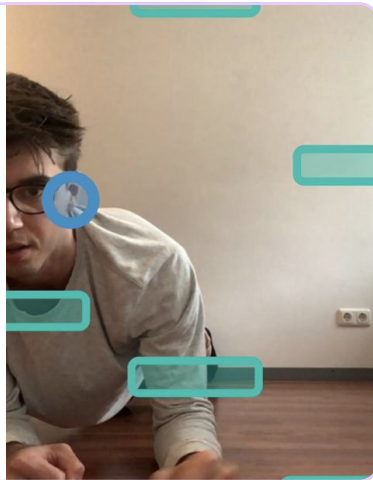
🕒 Recommended difficulty: 1:45min



PlankUp

Planks

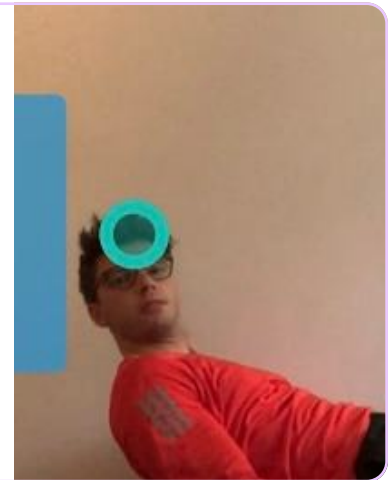
Recommended difficulty: 0:50min



Slider

Crunches

Recommended difficulty: 1:45min



Day 25

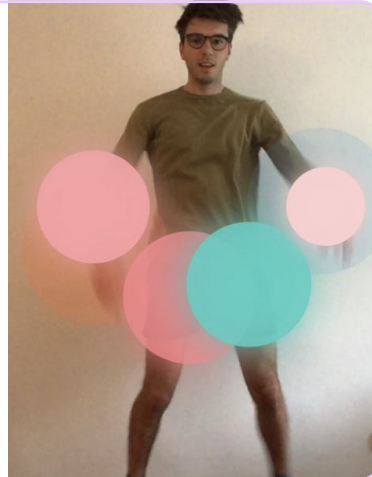
Estimated time: 9:35 min



StopDance

🗄 Moving

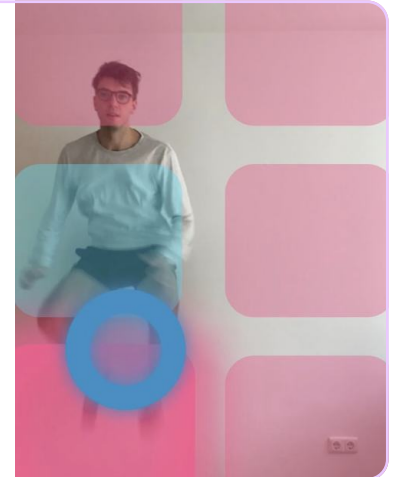
🕒 Recommended difficulty: 1:30min



BoxMover

🗄 Squats

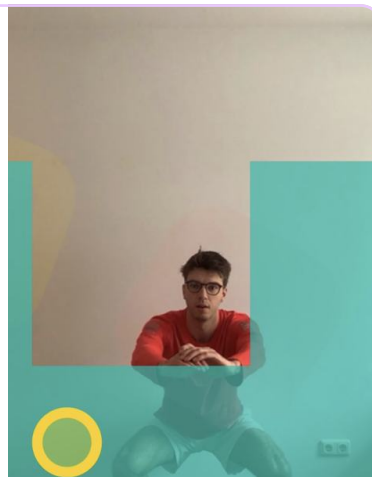
🕒 Recommended difficulty: 1:45min



CorridorRun

🗄 Squats

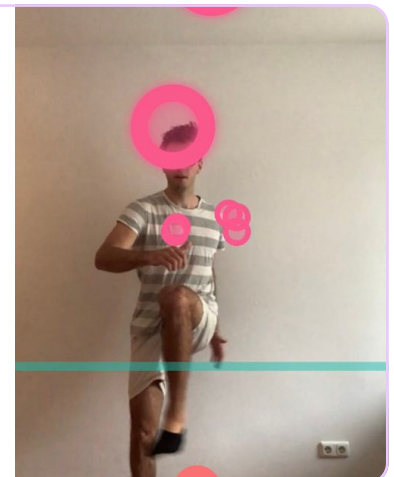
🕒 Recommended difficulty: 1:10min



KneeShooter

🗄 HighKnees

🕒 Recommended difficulty: 1:10min



Catcher

HighKnees

Recommended difficulty: 2:15min



LegLiftEscape

Crunches

Recommended difficulty: 0:30min



Day 26

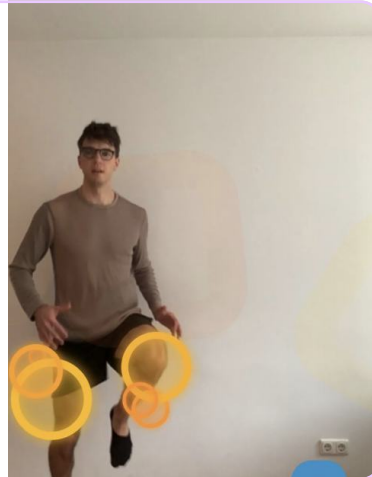
Estimated time: 10:20 min



FreeRunner

🗄 Moving

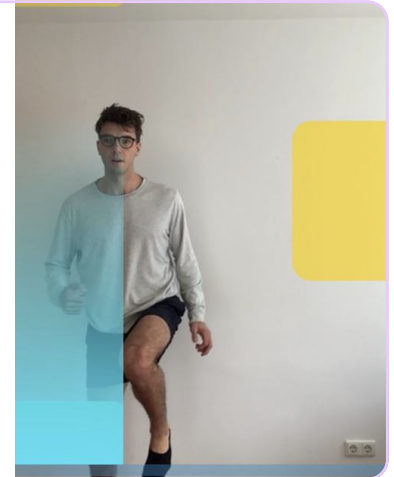
🕒 Recommended difficulty: 0:45min



IceSkating

🗄 Jumps

🕒 Recommended difficulty: 1:20min



StandingSlider

🗄 HighKnees

🕒 Recommended difficulty: 1:15min



Catcher

🗄 HighKnees

🕒 Recommended difficulty: 2:15min



CrunchyBicycle

🗄 Crunches

🕒 Recommended difficulty: 1:30min



Day 27

Estimated time: 10:45 min



Boxer

 Moving

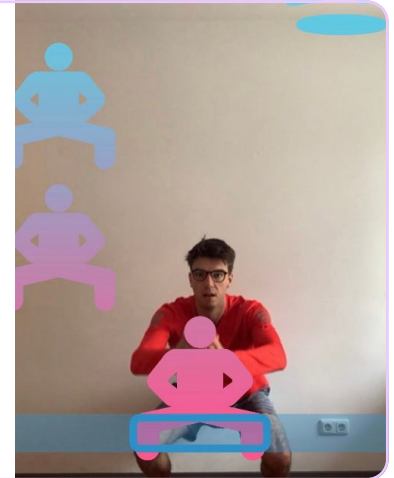
 Recommended difficulty: 1:20min



FitnessHero

 Burpees

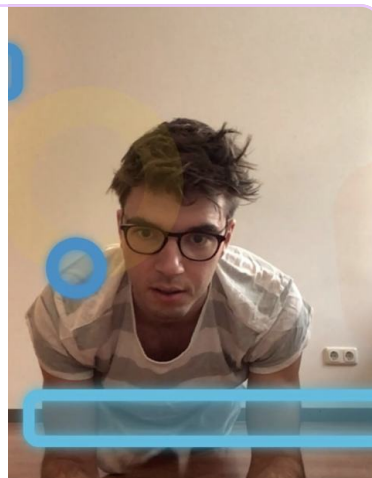
 Recommended difficulty: 1:00min



GravityPush

 Pushups

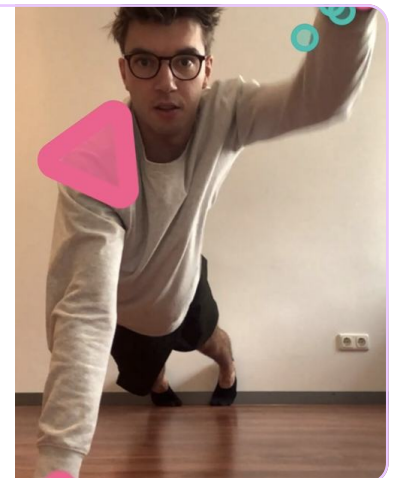
 Recommended difficulty: 1:30min



PushReach

 Pushups

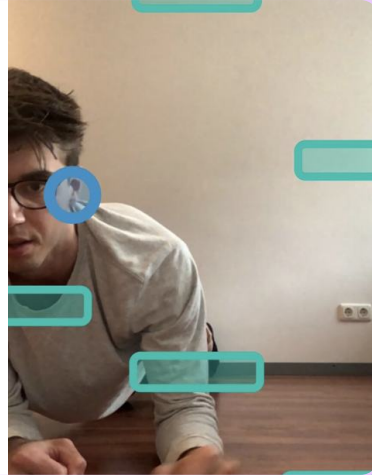
 Recommended difficulty: 1:45min



PlankUp

Planks

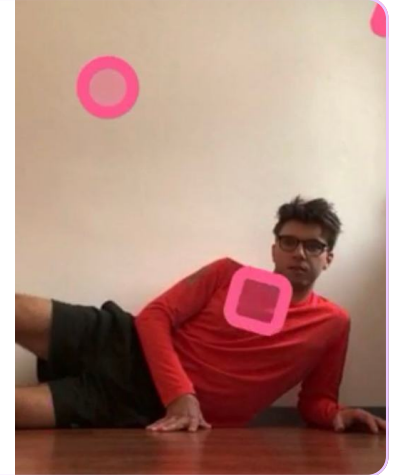
Recommended difficulty: 0:50min



Catcher

HighKnees

Recommended difficulty: 1:15min



Slider

Crunches

Recommended difficulty: 1:45min



Day 28

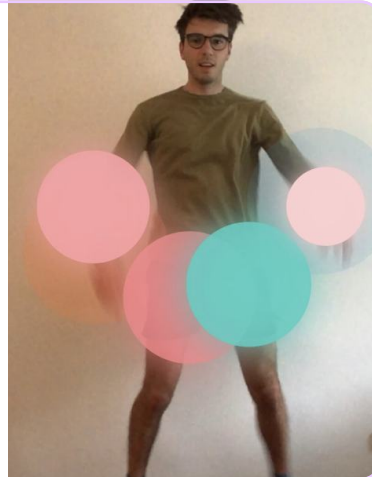
Estimated time: 11:50 min



StopDance

🗄 Moving

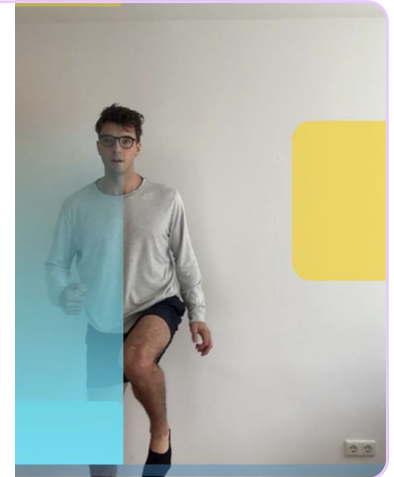
🕒 Recommended difficulty: 1:30min



IceSkating

🗄 Jumps

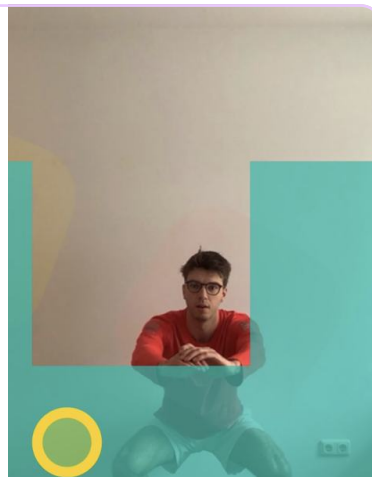
🕒 Recommended difficulty: 1:20min



CorridorRun

🗄 Squats

🕒 Recommended difficulty: 1:10min



LungesPositioner

🗄 Squats

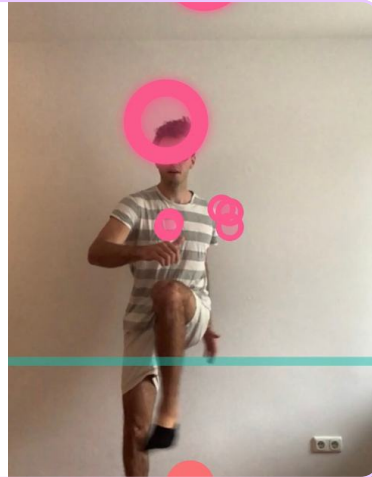
🕒 Recommended difficulty: 1:30min



KneeShooter

HighKnees

Recommended difficulty: 1:10min



Catcher

HighKnees

Recommended difficulty: 2:15min



LegLiftEscape

Crunches

Recommended difficulty: 0:30min



Final Thoughts

Congratulations, you're done with the 28 day challenge. We're sure it was hard at times, you might've had doubts about why you're even doing this. But you stuck with it and managed to get through it. You can be proud of yourself!

Now look back at the very first workout you had to do with Tuby. It was just 3mins long. Considering the last workout you've just completed, it looks funny doesn't it?

This goes to show you just how much you've progressed and how stronger you've become.

Have a rest, treat yourself, you deserve it!

But don't rest on your laurels for too long. Now that you've formed a habit of exercising, you need to continue being active. It's hard to form a habit but very easy to break it. Taking a break for just a couple of days can make it difficult to get back into it again.

We recommend going into Tuby's workout section and building some custom workouts for yourself that you could do every single morning. You don't need to push yourself all the time, at least a few minutes of exercise a day is still a good achievement.

Good luck!





Thank you!

www.tuby.app

