

28-DAY **FREE** CHALLENGE



GET FIT BY FEBRUARY!

WALK & TONE YOUR WHOLE BODY

Get fit, have fun, feel fantastic!



FITNESS WORKOUTS

4 Week Challenge

JANUARY 2023

DAY / WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 01	25 MIN <u>WALK</u>	ARMS <u>TONE</u>	20 MIN <u>WALK</u>	ABS <u>TONE</u>	10 MIN <u>WALK</u>	LEGS <u>TONE</u>	25 MIN <u>WALK</u>
WEEK 02	30 MIN <u>WALK</u>	ARMS <u>TONE</u>	30 MIN <u>WALK</u>	ABS <u>TONE</u>	20 MIN <u>WALK</u>	LEGS <u>TONE</u>	<u>STRETCH</u>
WEEK 03	30 MIN <u>WALK</u>	ARMS <u>TONE</u>	25 MIN <u>WALK</u>	ABS <u>TONE</u>	30 MIN <u>WALK</u>	LEGS <u>TONE</u>	30 MIN <u>WALK</u>
WEEK 04	25 MIN <u>WALK</u>	ARMS <u>TONE</u>	40 MIN <u>WALK</u>	ABS <u>TONE</u>	30 MIN <u>WALK</u>	LEGS <u>TONE</u>	<u>STRETCH</u>

Get Fit by February

4 Week Fitness Challenge

This free challenge is a 4-week workout plan for you to get fit by February. Click on the underlined workout for the day- it will take you to that particular workout on YouTube.

Some of these workouts are quick; some are longer; all are designed to be effective. There are low impact, low intensity, steady state cardio workouts that tone your whole body and on other days there are more targeted, toning workouts for your abs, arms, and legs.

If you want to increase the calorie and fat-burning, add weights.

Be consistent with the workouts and follow the plan. For steady weight loss and to burn off that stubborn belly fat, you need:

- consistent daily exercise (like these workouts)
- quality sleep
- proper nutrition and hydration
- to lower your stress levels

THEN, your body will be in an optimal state for fat loss.

CONNECT WITH ME!

