

# 28-DAY **FREE** CHALLENGE



GET IN SHAPE FOR **SPRING!**  
WALK AT HOME LOW IMPACT  
WORKOUTS

Get fit, have fun, feel fantastic!



# FITNESS WORKOUTS

## 4 Week Challenge

MARCH 2023

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

# Get in Shape for *Spring* 4 Week Fitness Challenge

This free challenge is a 4-week workout plan for you to get fit for Spring!

Feel confident in short-sleeve shirts. Lose 10 pounds and lose inches off your menopausal belly. Get stronger and feel fantastic!

Click on the underlined workout for the day- it will take you to that particular workout on YouTube.

Some 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.

You can do this!

**CONNECT WITH ME!**

