

# 28-DAY FREE CHALLENGE



Get fit, have fun, feel fantastic!



# FITNESS WORKOUTS

## 4 Week Challenge

APRIL 2023

DAY / WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 01	30 MIN <u>WALK</u>	ARMS <u>TONE</u>	20 MIN <u>WALK</u>	ABS <u>TONE</u>	20 MIN <u>WALK</u>	LEGS <u>TONE</u>	<u>25 MIN</u> <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	25 MIN <u>WALK</u>	ARMS <u>TONE</u>	20 MIN <u>WALK</u>	ABS <u>TONE</u>	25 MIN <u>WALK</u>	LEGS <u>TONE</u>	30 MIN <u>WALK</u>
WEEK 04	25 MIN <u>WALK</u>	ARMS <u>TONE</u>	5 MIN <u>TABATA</u>	ABS <u>TONE</u>	30 MIN <u>WALK</u>	LEGS <u>TONE</u>	<u>STRETCH</u>

# 4 Week Fitness Challenge

This free challenge is a 4-week workout plan for you to get fit, have fun, 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. You may also want to add some Tabata/HIIT workouts to your routine. I offer some in a playlist on my YouTube channel.

Be consistent with the workouts and follow the plan.

You can do this!

**CONNECT WITH ME!**

