

FREE JULY WORKOUT CHALLENGE



Get fit, have fun, feel fantastic!



FITNESS WORKOUTS

4-ish Week Challenge

JULY 2023

DAY / WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 01						LEGS <u>TONE</u>	<u>STRETCH</u>
WEEK 02	30 MIN <u>CARDIO</u>	ARMS <u>TONE</u>	30 MIN <u>CARDIO</u>	ABS <u>TONE</u>	20 MIN <u>CARDIO</u>	LEGS <u>TONE</u>	4 MIN <u>TABATA</u>
WEEK 03	30 MIN <u>CARDIO</u>	<u>ARMS</u> <u>TONE</u>	30 MIN <u>CARDIO</u>	ABS <u>TONE</u>	20 MIN <u>CARDIO</u>	LEGS <u>TONE</u>	<u>STRETCH</u>
WEEK 4	30 MIN <u>CARDIO</u>	ARMS <u>TONE</u>	5 MIN <u>TABATA</u>	ABS <u>TONE</u>	20 MIN <u>CARDIO</u>	LEGS <u>TONE</u>	4 MIN <u>TABATA</u>
WEEK 5	30 MIN <u>CARDIO</u>	ARMS <u>TONE</u>	15 MIN <u>CARDIO</u>	ABS <u>TONE</u>	30 MIN <u>CARDIO</u>	LEGS <u>TONE</u>	<u>STRETCH</u>

4-ish Week Fitness Challenge

Hi there! I'm so glad you're here! This free challenge is a 4-ish 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. Easy, right?

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. You can find them on my YouTube channel along with over 100 different workouts - perfect for women over 50, beginners, or anyone who wants to get fit!

Be consistent with the workouts and follow the plan.

You can do this!

CONNECT WITH ME!

