

SEPTEMBER WORKOUT CHALLENGE



Get fit, have fun, feel fantastic!



FITNESS WORKOUTS

4-ish Week Challenge

September 2023

DAY / WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 01					20 MIN <u>CARDIO</u>	LEGS <u>TONE</u>	<u>STRETCH</u>
WEEK 02	20 MIN <u>CARDIO</u>	ARMS <u>TONE</u>	30 MIN <u>CARDIO</u>	ABS <u>TONE</u>	15 MIN <u>CARDIO</u>	LEGS <u>TONE</u>	4 MIN <u>TABATA</u>
WEEK 03	20 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>	10 MIN <u>CARDIO</u>	ABS <u>TONE</u>	20 MIN <u>CARDIO</u>	LEGS <u>TONE</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?

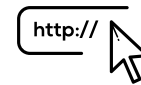
Some workouts are quick; some are longer; all are designed to be effective. There are low impact, low intensity, steady state cardio workouts that tone your whole body and on other days there are more targeted, toning workouts for your abs, arms, and legs.

If you want to increase the calorie and fat-burning, add weights. Find workouts with weights 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'll see results!

You can do this!

CONNECT WITH ME!



Healthy habits

Eat
balanced
diet

Drink
more
water

Get
enough
sleep

Exercise
more

Manage
your stress

Limit
alcohol

