



Free 7 Days!

Please keep in mind that all workouts have options to make it as easy or as hard as you want!

Option 1: easier, Option 2-3 harder

If you are too sore, take 1 or 2 days off, trust me, it will get better; just keep moving and smiling!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
30 Minutes HIIT Workout to Shape Up your Butt	30 Minutes Weight Loss Yoga for Beginners or 50 Minutes Fat burning and Weight Loss Yoga	20 Minutes of Intense Glutes Workout	30 Minutes Yoga Core/Pilates	30 Minutes HIIT with 2 Bottles of Wine	30 Minutes to Conquer Fear	Zumba Fitness Or an Activity of your choice
Extras	Extras	Extras	Extras			
Relaxing and Stretching Yoga	20 Minutes Stretch to Open your Hips	Which Coconut Milk is Best	What I eat for lunch after a workout			

Send me your comments [Here](#)

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