

# 7-Day Free Fitness with



| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY  |
|---|--|--|---|---|---|---|
| 1   | 2  | 3  | 4   | 5   | 6   | 7   |
| <a href="#"><u>20 Minutes Weighted Abs HIIT Workout</u></a> | <a href="#"><u>30 Minutes Yoga for Weight Loss</u></a> | <a href="#"><u>30 Minutes Firm Legs HIIT Workout (bodyweight or weights)</u></a> | <a href="#"><u>30 Minutes Yoga for Defined Shoulders and Arms</u></a> | <a href="#"><u>15 Minutes SADDLEBAGS Slimdown! Best Outer thigh Workout</u></a> | <a href="#"><u>45 Minutes Yoga for Legs</u></a> | <a href="#"><u>20 Minutes Kickboxing</u></a><br>Or an Activity of your choice |

To get access to your videos, hold “CTRL” and left click with your mouse.

**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!

**Send me your comments [Here](#)**

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