

7-Day Free Fitness with



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

To get access to your videos, just click on the blue link.

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](#)

**You Like the Idea? Get Your Full Month
Organized Fitness Calendar [Here](#)**