

4 WEEKS FULL BODY WORKOUT CHALLENGE

Week 1

Focus on your form

Sunday	Lower Body
Monday	Upper Body
Tuesday	Cross Training
Wednesday	Total Body
Thursday	Abs
Friday	Cross Training
Saturday	Rest Time

Week 2

Go for more reps

Sunday	Lower Body
Monday	Upper Body
Tuesday	Cross Training
Wednesday	Total Body
Thursday	Abs
Friday	Cross Training
Saturday	Rest Time

Week 3

Try a new cross-training workout

Sunday	Lower Body
Monday	Upper Body
Tuesday	Cross Training
Wednesday	Total Body
Thursday	Abs
Friday	Cross Training
Saturday	Rest Time

Week 4

Complete and Extra Round

Sunday	Lower Body
Monday	Upper Body
Tuesday	Cross Training
Wednesday	Total Body
Thursday	Abs
Friday	Cross Training
Saturday	Rest Time