

YOUTUBE CHALLENGE

CHALLENGE

Bodyweight

NAME:

WEEK 1

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	30min Cardio Blast (no repeats)	30min	YES	NO
2	Full Body Workout (no equipment)	29min	YES	NO
3	Pilates Inspired Core and Legs Workout	36min	YES	NO

WEEK 2

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	Full Body Boot Camp (no equipment)	29min	YES	NO
2	No Equipment Toning Combos and Cardio	31min	YES	NO
3	Lower Body and Cardio Intervals (bodyweight)	29min	YES	NO

WEEK 3

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	Bodyweight HIIT	21min	YES	NO
2	Bodyweight Cardio, Upper and Lower Body Toning Workout	28min	YES	NO
3	Cardio and Core Combos	32min	YES	NO

WEEK 4

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	Mat Legs and Abs Workout	26min	YES	NO
2	Kickboxing Warm-up and Combos	24min	YES	NO
3	Bodyweight Lower Body Cardio and Toning Intervals	33min	YES	NO

CHALLENGE COMPLETED!

WEIGHT:

CM TUMMY:

CM HIPS: