

YOUTUBE CHALLENGE

CHALLENGE

3 a week (Weightloss and Toning)

NAME:

WEEK 1

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	Full Body Cardio and Toning Interval Workout (no repeats)	28min	YES	NO
2	Full Body Toning with Ab Finisher	30min	YES	NO
3	Sweaty Step HIIT	31min	YES	NO

WEEK 2

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	HIIT Cardio and Dumbbell Toning	31min	YES	NO
2	Full Body Toning and Sculpting Combos	34min	YES	NO
3	Cardio and Core Combos	32min	YES	NO

WEEK 3

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	Full Body Cardio Sculpt	40min	YES	NO
2	Dumbbell Full Body Tone and Sculpt Workout	39min	YES	NO
3	Cardio HIIT 30sec work/10sec rest	21min	YES	NO

WEEK 4

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	Toning And Cardio Supersets	33min	YES	NO
2	Full Body Dumbbell Toning Including Abs	27min	YES	NO
3	Cardio Combos and Obliques Ab Work	26min	YES	NO

CHALLENGE COMPLETED!

WEIGHT:

CM TUMMY:

CM HIPS: