

YOUTUBE CHALLENGE

CHALLENGE

4 a week (Weightloss and Toning)

NAME:

WEEK 1

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	Cardio and Dumbbell Toning Combos	34min	YES	NO
2	Quick Fat Burning HIIT Workout	18min	YES	NO
3	Bodyweight Cardio, Upper and Lower Body Toning Workout	28min	YES	NO
4	Full Body Toning With Ab Finisher	31min	YES	NO

WEEK 2

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	Cardio and Full Body Toning Combos Workout	32min	YES	NO
2	30min Cardio Blast (no repeats)	30min	YES	NO
3	Kettlebell Toning and Cardio HIIT (no repeats)	31min	YES	NO
4	Feel The Burn Full Body Toning Long Intervals	34min	YES	NO

WEEK 3

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	Cardio and Full Body Toning Groups	26min	YES	NO
2	Cardio and Core Combos	32min	YES	NO
3	Cardio and Full Body Toning Intervals	33min	YES	NO
4	Full Body Interval Workout with 1 Dumbbell	31min	YES	NO

WEEK 4

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	Strength and Cardio Tabata	36min	YES	NO
2	Cardio Combos Tabata Workout	36min	YES	NO
3	Toning Combo Moves and Cardio	26min	YES	NO
4	Kettlebell Toning Combos and Ab Mat Work	28min	YES	NO

CHALLENGE COMPLETED!

WEIGHT:

CM TUMMY:

CM HIPS: