

YOUTUBE CHALLENGE

CHALLENGE

5 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 | 30min Cardio Blast (no repeats) | 30min | YES | NO |
| 3 | HIIT Cardio and Dumbbell Toning | 31min | YES | NO |
| 4 | Lower and upper Body toning Combos | 26min | YES | NO |
| 5 | Full Body Dumbbell Boot Camp | 31min | YES | NO |

WEEK 2**DATE:****to****WEIGHT:****CM TUMMY:****CM HIPS:**

| NUMBER | WORKOUT | DURATION | COMPLETED | |
|--------|---------------------------------------|----------|-----------|----|
| 1 | No Equipment Toning Combos and Cardio | 31min | YES | NO |
| 2 | Cardio HIIT 30sec work/10sec Rest | 21min | YES | NO |
| 3 | Full Body Dumbbell Combo Workout | 40min | YES | NO |
| 4 | Buns and Guns - Toning Workout | 29min | YES | NO |
| 5 | Killer Abs | 24min | YES | NO |

WEEK 3**DATE:****to****WEIGHT:****CM TUMMY:****CM HIPS:**

| NUMBER | WORKOUT | DURATION | COMPLETED | |
|--------|--|----------|-----------|----|
| 1 | Toning and Cardio Supersets | 33min | YES | NO |
| 2 | Standing Abs and Cardio Workout (plus cool down stretch) | 28min | YES | NO |
| 3 | Full body Cardio Sculpt | 40min | YES | NO |
| 4 | Feel the Burn Full Body Toning Long Intervals | 34min | YES | NO |
| 5 | Toning and Cardio Mixed Combos Using Kettlebell and Dumbbell | 24min | YES | NO |

WEEK 4**DATE:****to****WEIGHT:****CM TUMMY:****CM HIPS:**

| NUMBER | WORKOUT | DURATION | COMPLETED | |
|--------|--|----------|-----------|----|
| 1 | Upper and Lower Body Toning Plus Cardio Combos | 29min | YES | NO |
| 2 | Dumbbell Cardio HIIT | 21min | YES | NO |
| 3 | Toning Combo Moves and Cardio | 26min | YES | NO |
| 4 | Full Body Interval Workout With 1 Dumbbell | 31min | YES | NO |
| 5 | Full Body Toning With Cardio Burst | 33min | YES | NO |

CHALLENGE COMPLETED!**WEIGHT:****CM TUMMY:****CM HIPS:**