

## YOUTUBE CHALLENGE

CHALLENGE

Cardio Junkie (high impact)

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 Boot Camp (no equipment)	29min	YES	NO
3	Cardio HIIT 20sec work/10sec rest	21min	YES	NO

WEEK 2

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	Bodyweight HIIT	21min	YES	NO
2	Standing Cardio HIIT	20min	YES	NO
3	Dumbbell Cardio HIIT	21min	YES	NO

WEEK 3

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	Cardio Combos Tabata Workout	36min	YES	NO
2	Quick Fat Burning HIIT Workout	18min	YES	NO
3	High and Low Impact Cardio Interval Workout	21min	YES	NO

WEEK 4

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	Quick Cardio Burst	13min	YES	NO
2	Sweaty Step HIIT	31min	YES	NO
3	Kickboxing Warm-up and Combos	24min	YES	NO

CHALLENGE COMPLETED!

WEIGHT:

CM TUMMY:

CM HIPS: