

YOUTUBE CHALLENGE

CHALLENGE

Beginners (low intensity)

NAME:

WEEK 1

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	Low Impact Cardio Interval Workout	26min	YES	NO
2	Full Body Dumbbell Toning Including Abs	27min	YES	NO

WEEK 2

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	Pilates inspired Core and Legs Workout	36min	YES	NO
2	Full Body Interval Workout with 1 Dumbbell	31min	YES	NO

WEEK 3

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	Lower and Upper Body Tone and Shape Workout with Dumbbells	32min	YES	NO
2	Lower Body Barre Workout	31min	YES	NO

WEEK 4

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	Full Body Toning With Ab finisher	31min	YES	NO
2	Low Impact Dumbbell Cardio + Lower and Upper Body Toning	27min	YES	NO

CHALLENGE COMPLETED!

WEIGHT:

CM TUMMY:

CM HIPS: