

YOUTUBE CHALLENGE

CHALLENGE	Full Body Sculpt (Low impact)
NAME:	

WEEK 1	DATE:	to
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WEIGHT:		CM TUMMY:		CM HIPS:	
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NUMBER	WORKOUT	DURATION	COMPLETED	
1	Lower Body Strength	29min	YES	NO
2	Upper Body Toning and Boxing Combos (no repeats)	25min	YES	NO
3	Full Body Dumbbell Toning including Abs	27min	YES	NO

WEEK 2	DATE:	to
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WEIGHT:		CM TUMMY:		CM HIPS:	
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NUMBER	WORKOUT	DURATION	COMPLETED	
1	Booty Builder Supersets	41min	YES	NO
2	Upper Body Burn	30min	YES	NO
3	Full Body Toning with Ab Finisher	31min	YES	NO

WEEK 3	DATE:	to
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WEIGHT:		CM TUMMY:		CM HIPS:	
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NUMBER	WORKOUT	DURATION	COMPLETED	
1	Kettlebell Legs and Abs - Including Cool-Down Stretches	32min	YES	NO
2	Upperbody Toning Interval Workout	31min	YES	NO
3	Dumbbell Full body Tone and Sculpt Workout	39min	YES	NO

WEEK 4	DATE:	to
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WEIGHT:		CM TUMMY:		CM HIPS:	
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NUMBER	WORKOUT	DURATION	COMPLETED	
1	Bums and Tums	45min	YES	NO
2	Upper Body Strength	22min	YES	NO
3	Full body Toning and Sculpting Combos	34min	YES	NO

CHALLENGE COMPLETED!

WEIGHT:		CM TUMMY:		CM HIPS:	
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