

YOUTUBE CHALLENGE

CHALLENGE

Buty Queen

NAME:

WEEK 1

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	Lower Body Strength	29min	YES	NO
2	Upperbody, Cardio and Core Intervals	26min	YES	NO
3	Lower Body Burn Strength and Cardio	39min	YES	NO

WEEK 2

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	Buty Builder Supersets	41min	YES	NO
2	Feel The Burn Full Body Toning Long Intervals	34min	YES	NO
3	Lowerbody, Cardio and Core Workout	27min	YES	NO

WEEK 3

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	Lower Body Workout With Core Finsher	46min	YES	NO
2	Cardio, Kickboxing and Upperbody Toning Combos	29min	YES	NO
3	Lower Body Interval Workout (no repeats)	31min	YES	NO

WEEK 4

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	Bums and Tums	45min	YES	NO
2	30min Cardio Blast (no repeats)	30min	YES	NO
3	Buty Burn on the Mat (no equipment)	26min	YES	NO

CHALLENGE COMPLETED!

WEIGHT:

CM TUMMY:

CM HIPS: