

YOUTUBE CHALLENGE

CHALLENGE	Split Programme
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 Interval Workout	31min	YES	NO
3	Cardio Blast (no repeats)	30min	YES	NO
4	Killer abs	24min	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 Buiulder Supersets	41min	YES	NO
2	Upper Body Burn	30min	YES	NO
3	Quick Fat Burning HIIT Workout	18min	YES	NO
4	Pilates Inspied Core and Legs Workout	36min	YES	NO

WEEK 3	DATE:	to
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WEIGHT:		CM TUMMY:		CM HIPS:	
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NUMBER	WORKOUT	DURATION	COMPLETED	
1	Lower Body Interval Workout (no repeats)	31min	YES	NO
2	Upper Body Toning And Boxing Combos (no repeats)	26min	YES	NO
3	Sweaty Step HIIT	31min	YES	NO
4	Tummy Stregthening And Toning	17min	YES	NO

WEEK 4	DATE:	to
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WEIGHT:		CM TUMMY:		CM HIPS:	
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NUMBER	WORKOUT	DURATION	COMPLETED	
1	Lower Body Workout With Core Finsher	46min	YES	NO
2	Upper Body Strength	22min	YES	NO
3	Cardio Combos Tabata Workout	36min	YES	NO
4	Dumbbell Abs	18min	YES	NO

CHALLENGE COMPLETED!

WEIGHT:		CM TUMMY:		CM HIPS:	
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