

## YOUTUBE CHALLENGE

CHALLENGE

Express

NAME:

WEEK 1

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	Quick Kettlebell Workout	20min	YES	NO
2	Lower Body HIIT	20min	YES	NO
3	Quick Fat Burning HIIT Workout	18min	YES	NO
4	Lower Body Tone and Sculpt	17min	YES	NO

WEEK 2

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	Bums, back, Biceps and Burpees Workout	19min	YES	NO
2	Cardio HIIT 30sec work/10sec rest	21min	YES	NO
3	Quick Lower Body Toning and Cardio Plus Abs	21min	YES	NO
4	Dumbbell Abs	18min	YES	NO

WEEK 3

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	Lower and Upper Body Toning	20min	YES	NO
2	Dumbbell Cardio HIIT	21min	YES	NO
3	Chair/Bench/Ottoman Full Body Workout	20min	YES	NO
4	Cardio Supersets and Abs	20min	YES	NO

WEEK 4

DATE:

to

WEIGHT:

CM TUMMY:

CM HIPS:

NUMBER	WORKOUT	DURATION	COMPLETED	
1	Quick Toning Combos and Low Impact Cardio	19min	YES	NO
2	Bodyweight HIIT	21min	YES	NO
3	Upper Body Strength	22min	YES	NO
4	Step Cardio (or without step) and Abs Workout	23min	YES	NO

CHALLENGE COMPLETED!

WEIGHT:

CM TUMMY:

CM HIPS: