THE SUMMER CHALLENGE

WEEK ONE

- [ ] 01 GREAT DAY FULL BODY 20
- [ ] 02 GREAT GLUTES 15
- [ ] 03 UPPER BODY FLOW 13
- [ ] 04 ACTIVE REST: 1 HOUR ACTIVITY
- [ ] 05 FULL BODY 42
- [ ] 06 DYNAMIC 20
- [ ] 07 ACTIVE REST: 1 HOUR ACTIVITY

WEEK TWO

- [ ] 08 TEMPO FULL BODY 20
- [ ] 09 DEFINE STANDING LEGS 15
- [ ] 10 DEFINE UPPER BODY 15
- [ ] 11 ACTIVE REST: 1 HOUR ACTIVITY
- [ ] 12 FRESH FULL BODY 40
- [ ] 13 BIRD DOG CORE 20
- [ ] 14 ACTIVE REST: 1 HOUR ACTIVITY

WEEK THREE

- [ ] 15 COMPLETE BODY 20
- [ ] 16 SCULPT LOWER BODY 15
- [ ] 17 ARMS & ABS 15
- [ ] 18 ACTIVE REST: 1 HOUR ACTIVITY
- [ ] 19 FULL BODY, WRIST FRIENDLY 42
- [ ] 20 CORE: ABS & OBLIQUES 15
- [ ] 21 ACTIVE REST: 1 HOUR ACTIVITY

WEEK FOUR

- [ ] 22 FAVOURITE FULL BODY 20
- [ ] 23 ON THE SIDE: HIPS + GLUTES 15
- [ ] 24 FLOW UPPER 15
- [ ] 25 ACTIVE REST: 1 HOUR ACTIVITY
- [ ] 26 CLASSICAL 40
- [ ] 27 EXPRESS SCULPT 20
- [ ] 28 ACTIVE REST: 1 HOUR ACTIVITY