

Feel Fabulous

FOR SUMMER

challenge

WEEK 3



HOW IT WORKS

Here is your training Plan to Feel Fabulous this Summer. This challenge will tone and shape your gorgeous body, ready to take on the sun this summer and feel super confident.


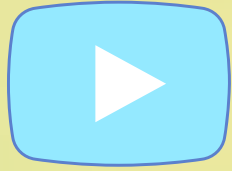

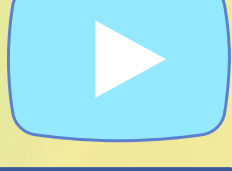









To smash this challenge, you simply complete the workouts suggested each day! (see below)

I have created a tick list which will help you keep your workout routines in check. It also feels great to look back at a tick list and see all the boxes marked off! Feel free to print off the list and tick as you go!

CLICK HERE TO GET WEEK 4'S TRAINING PLAN

PLEASE NOTE THAT THIS WILL BE AVAILABLE ON SUNDAY THE 23RD OF MAY

WEEK 3 WORKOUT PLAN

MONDAY	10 MINUTE BEACH CARDIO	
	11 MINUTE STANDING ABS	
TUESDAY	10 MINUTE BEACH CARDIO	
	7 MINUTE ARM WORKOUT	
WEDNESDAY	10 MINUTE BEACH CARDIO	
	7 MINUTE HIIT WORKOUT	
THURSDAY	10 MINUTE BEACH CARDIO	
	10 MINUTE LOWER BODY	
FRIDAY	10 MINUTE BEACH CARDIO	
	7 MINUTE ARMS & BACK	
SATURDAY	10 MINUTE BEACH CARDIO	
	20 FULL BODY MOVES	
SUNDAY	REST DAY & STRETCH ROUTINE	

PRINT THIS PAGE OFF AND TICK THE BOXES
WHEN YOU'VE COMPLETED YOUR WORKOUT

WORKOUT
ONE

WORKOUT
TWO

monday

tuesday

wednesday

thursday

friday

saturday

sunday

TRY THIS RECIPE
TO MAKE THIS
HEALTHY SMOOTHIE



CLICK HERE
FOR MY
FAVORITE
SUMMER
SMOOTHIE
RECIPES!



KEEP ME UPDATED ON SOCIAL
MEDIA AS TO HOW YOU ARE
GETTING ON

CLICK ON



ANY OF



THE



ICONS TO



CONNECT

