



BEGINNER

30 DAY FITNESS CHALLENGE

WORKOUT CALENDAR

JOIN TODAY FOR FREE!

Day 1 ROCK YOUR BODY 30 Minutes	Day 2 SLAY DAY 30 Minutes	Day 3 BASIC INSTINCT 30 Minutes	Day 4 FEEL'N HOT HOT HOT 30 Minutes	Day 5 STAY WOKE 30 Minutes
Day 8 ROCK YOUR BODY 30 Minutes	Day 9 SLAY DAY 2.0 30 Minutes	Day 10 BASIC INSTINCT 30 Minutes	Day 11 FEEL'N HOT HOT HOT 2.0 30 Minutes	Day 12 STAY WOKE 30 Minutes
Day 15 GETTING JIGGY 30 Minutes	Day 16 SLAY DAY 3.0 30 Minutes	Day 17 IGNITE 30 Minutes	Day 18 FEEL'N HOT HOT HOT 3.0 30 Minutes	Day 19 SWEAT IT & FORGET IT 30 Minutes
Day 22 ELEVATE 30 Minutes	Day 23 SLAY DAY 4.0 30 Minutes	Day 24 GOAL DIGGER 30 Minutes	Day 25 FEEL'N HOT HOT HOT 4.0 30 Minutes	

MEAL PLAN & EXERCISE VIDEOS INCLUDED!

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