

Get Fit Like a Queen: month 1

MoN	TueS	WeD	THuRS	FRi	SaT	SuN
Cardio Challenge: Max30 Ab Attack: Max30	Chisel Cardio: H & C	Sweat Intervals: Max30 Ab Chisel: H & C	Chisel Endurance: H & C	Friday Fight Round 2: Max30 Ab Hammer H & C	REST DAY	Iso Speed Hammer: H & C Ab Attack: Max30
Chisel Agility: H & C	Friday Fight Round 1: Max30 Ab Chisel: H & C	Max Out Strength: Max30	Cardio Challenge: Max30 Ab Hammer: H & C	Chisel Balance: H & C Ab Chisel: H & C	REST DAY	Sweat Intervals: Max30
Chisel Cardio: H & C Ab Attack: Max30	Tabata Power: Max30	Hammer Conditioning: H & C Ab Chisel: H & C	Sweat Intervals: Max30	Iso Strength Chisel: H & C Ab Hammer: H & C	REST DAY	Iso Speed Hammer: H & C
Chisel Balance: H & C Ab Attack: Max30	Hammer Conditioning: H & C	Sweat Fest: Max 30 Ab Hammer: H & C	Chisel Endurance H & C	Cardio Challenge: Max30 Ab Chisel: H & C	REST DAY	Total Body Chisel H & C

Tips for weight loss:

- ★ Drink at least 8 glasses of water
- ★ Only "good" carbs: oatmeal/ brown rice/quinoa/sweet potatoes
- ★ NO SODA
- ★ Have a lean protein w/ every meal
- ★ Have 4 servings of veggies
- ★ Keep a close eye on portion size
- ★ Track your food in a journal