

Home Workouts to Get You Fitter, Stronger & Leaner in 30 Days!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 No Equipment Fat Burning Strength & Cardio	2 Toned Arms (No Push-ups!)	3 30-Min Kickboxing Blast Fat & Sculpt Muscles	4 30-Minute Strength & Sculpt Fat Burning	5 Live BARRE Dance & Fitness	6 Slim Thigh & Booty Low Impact HIIT	7 ACTIVE REST or 10,000 Indoor Step Challenge
8 45-Minute Total Body Strength Training	9 30-Minute Upper Body & Abs Compound Circuit	10 30-Minute Toning Chair Workout	11 Build Your Abs (30-Min Total Body Strength)	12 30-Day Cardio & Core Challenge to Burn Belly Fat	13 Killer Booty Band Bootcamp	14 ACTIVE REST or 10,000 Squat & Plank Challenge
15 No Equipment Fat Burning Strength & Cardio	16 Toned Arms (No Push-ups!)	17 30-Min Kickboxing Blast Fat & Sculpt Muscles	18 30-Minute Strength & Sculpt Fat Burning	19 Live BARRE Dance & Fitness	20 Slim Thigh & Booty Low Impact HIIT	21 ACTIVE REST or 10,000 Indoor Step Challenge
22 45-Minute Total Body Strength Training	23 30-Minute Upper Body & Abs Compound Circuit	24 30-Minute Toning Chair Workout	25 Build Your Abs (30-Min Total Body Strength)	26 30-Day Cardio & Core Challenge to Burn Belly Fat	27 Killer Booty Band Bootcamp	28 ACTIVE REST or 10,000 Squat & Plank Challenge
29 Build Your Abs (30-Min Total Body Strength)	30 No Equipment Fat Burning Strength & Cardio					

Watch the workout videos on my YouTube channel

<https://www.youtube.com/playlist?list=PLyP8pbBMxcshzvTtHfSwHtA2VFXERbFzN>