

90-Day Weight Loss Challenge to a New You (Month 1)

MONDAY (Total Body)

- Full 20mins - Legs, Bums & Tums
- Sexy Arms & Shoulders Exercises

WEDNESDAY (Total Body)

- Get Rid of Cellulite
- Total Upper Body Workout

FRIDAY (Total Body)

- Get a Sexy & Toned Butt
- How to Get Rid of Bingo Wings
- How to Get Bigger & Firmer Breasts

TUESDAY (Cardio Interval + Core)

- 4-Minute Fat Blaster
- How to Get a Flat & Sexy Tummy in 5 minutes

THURSDAY (Active Rest)

- Do an activity you enjoy such as swimming, hiking, dance classes, walking in the park etc.

SATURDAY (Cardio Interval + Core)

- Burn 300 Cals in 20 Minutes
- How to Lose Your Love Handles

SUNDAY (Complete Rest)

- Do NOTHING!

**Total Workout Time for Mon, Wed, Fri: 45 – 60mins

**Total Workout Time for Tues, Sat: 30 – 40mins

**Start with 2 sets for each video and progress up to 3 sets.

**Start with a 5-10 mins warmup & end with a 5-10 mins cool down + stretches.

**You MUST follow the foundation of my “Full Meal Plan” with this.

**You can split your workout if necessary, just be sure to complete the entire workout by the end of the day.

**You may change the workout days according to your suitability.

**You can also add a challenge in at the end of your workout, either: 4-week Ab, 5 Mins Plank or Squat Challenge.

All Workout Videos are available at www.youtube.com/user/joannasohofficial

90-Day Weight Loss Challenge to a New You (Month 2)

MONDAY (Lower Body)

- Get Rid of Cellulite
- Inner Thigh Gap & Slim Waist
- Best Calf Slimming Exercises

WEDNESDAY (Upper Body)

- How to Get Bigger & Firmer Breasts
- Total Upper Body Workout
- Sexy Shoulders & Arms Exercises

FRIDAY (Cardio + Core)

- 30mins Cardio & Core Interval

TUESDAY (Cardio + Core)

- 30mins Cardio & Core Interval

THURSDAY (Active Rest)

- Do an activity you enjoy such as swimming, hiking, dance classes, walking in the park etc.

SATURDAY (The Challenges)

- 4-week Ab Challenge
- 5mins Plank
- Squat Challenge

SUNDAY (Complete Rest)

- Do NOTHING!

**Total Workout Time for Mon, Wed: 50 – 60mins

**Total Workout Time for Tues, Fri: 30 mins

**Aim to complete 3 sets for each workout.

**On Saturday, complete 1 set for each challenge or push yourself and do 2 sets!

**Start with a 5-10 mins warmup & end with a 5-10 mins cool down + stretches.

**You MUST follow the foundation of my "Full Meal Plan" with this - it's 80% to your success!

**You can split your workout if necessary, just be sure to complete the entire workout by the end of the day.

**You may change the workout days according to your suitability.

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90-Day Weight Loss Challenge to a New You (Month 3)

MONDAY (HIIT & Core)

- 8 Minutes Morning Workout
- Burn Up to 300 Cals in 20mins (x4)
- *Advance: 50secs workout, 10secs rest.*
- 4-week Ab Challenge

TUESDAY (Strength & Core)

- 8 Minutes Morning Workout
- Boost Your Metabolism in 10mins (x2)
- 4 week Ab Challenge

WEDNESDAY (HIIT & Core)

- 8 minutes Morning Workout
- 4 minutes Fat Blaster (x4)
- 4-week Ab Challenge

THURSDAY (Active Rest)

- 8 Minutes Morning Workout
- Do an activity you enjoy such as swimming, hiking, dancing, walking, yoga, boxing etc.

FRIDAY (Strength & Core)

- 8 Minutes Morning Workout
- Boost Your Metabolism in 10mins (x2)
- 4-week Ab Challenge

SATURDAY (Tone It Up)

- 8 Minutes Morning Workout
- 4-Week Ab Challenge
- Choose 2 areas you want to focus on, pick the workout videos and do 3 sets each.
- Ex: Triceps / Arms & Shoulders / Upper Body / Calf Thighs & Bum / Love Handles / Inner Thighs / Belly*

- *Rest NO MORE than 1 min in between sets to maximise fat burn.*
- *To burn more calories, give your maximum effort throughout.*
- *Start & end with a 5-10 mins warm-up & cool down.*
- *Continue eating clean whole food as it's 80% to your success!*
- *You can split your workouts if necessary, just be sure to complete all the workouts by the end of the day.*
- *You may change the workout days accordingly.*

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