

28-DAY CHALLENGE REAL RESULTS

FITNESS PROGRAMS MADE BY REAL TRAINERS FOR REAL WOMEN



GET HEALTHY **U** TV

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DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Kettlebell Cardio Jodi & Lindsey	Bodyweight Circuit Breaker Leah & Chris	Buff Body Yoga 2 Lindsey & Kate	Rest Day	Solid Strength Jodi & Leah	Total Body Stability Ball Kate & Chris	Lengthen and Strengthen Lindsey & Leah
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Rest Day	Low Impact AMRAPs Chris & Leah	Arms & Abs Lindsey & Leah	Vinyasa Yoga Flow 2 Jodi & Kate	Rest Day	Walk & Sculpt 2 Lindsey & Jodi	Cardio Kickboxing 2 Chris & Lindsey
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Kettlebell Cardio Jodi & Lindsey	Rest Day	Bodyweight Circuit Breaker Leah & Chris	Buff Body Yoga 2 Lindsey & Kate	Solid Strength Jodi & Leah	Rest Day	Total Body Stability Ball Kate & Chris
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Lengthen and Strengthen Lindsey & Leah	Low Impact AMRAPs Chris & Leah	Rest Day	Arms & Abs Lindsey & Leah	Vinyasa Yoga Flow 2 Jodi & Kate	Walk & Sculpt 2 Lindsey & Jodi	Cardio Kickboxing 2 Chris & Lindsey

View the full 45 min. workouts by signing up with Get Healthy U TV today!
Pay \$20 for the year when you sign up for this challenge using coupon code CHRISGOLD20