

GET HEALTHY **U** TV

# Trainer Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Sweat and Sulpt With Jodi +Chris	Barre Boxing With Lindsey +Chris	Pilates Core Strength With Kate + Chris	Rest Day	Low Impact Fusion With Chris + Leah	Balance and Core With Leah + Jodi	Medicine Ball Bootcamp With Jodi + Lindsey
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Rest Day	Blended Barre With Lindsey + Kate	Walk and Sulpt With Chris + Jodi	BLT Butt Legs Thighs With Lindsey + Jodi	Rest Day	Cardio Dance With Leah + Chris	Buff Body Yoga With Chris + Kate
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Sweat and Sculpt With Jodi + Chris	Rest Day	Barre Boxing With Lindsey +Chris	Pilates Core Strength With Kate + Chris	Low Impact Fusion With Chris + Leah	Rest Day	Balance and Core With Leah + Jodi
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Medicine Ball Bootcamp With Jodi + Lindsey	Blended Barre With Lindsey + Kate	Rest Day	Walk and Sulpt With Chris + Jodi	BLT Butt Legs Thighs With Lindsey + Jodi	Cardio Dance With Leah + Chris	Buff Body Yoga With Chris + Kate

View the full 45min. workouts by signing up with Get Healthy U TV today!  
Join for only \$20 when you sign up for this challenge!