



Get LEAN in 2015 Fitness Challenge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Summer Girl FITNESS	29	30	31	1 Challenge Starts!	2 Sensational Arms Video	3 No More "Trouble Zones" Video
4 30 Minutes of Cardio	5 Complete Core Video	6 30 Minutes of Cardio	7 Total Body 20 Video	8 30 Minutes of Cardio	9 Booty Blaster Video	10 Yoga in the Alps Video
11 40 Minutes of Cardio	12 The Little Black Dress Video	13 40 Minutes of Cardio	14 Upper Abs & Lower Abs Videos	15 40 Minutes of Cardio	16 No More "Trouble Zones" Video	17 Working Girl Total Body Stretch Video
18 50 Minutes of Cardio	19 Booty & Abs Kettlebell Video	20 50 Minutes of Cardio	21 Side Abs Video Plank Challenge Video	22 50 Minutes of Cardio	23 Total Body 20 Video Standing Abs Video	24 Yoga in the Alps Video
25 60 Minutes of Cardio	26 Sexy Summer Arms Video Booty Blaster Video	27 60 Minutes of Cardio	28 Complete Core Video	29 60 Minutes of Cardio	30 Long Lean Legs Veos Sensational Arms Video	31 Working Girl Total Body Stretch Video