

# Fall FITNESS Challenge



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
<p><i>SummerGirl</i> FITNESS</p>				<p>CHALLENGE STARTS! BAREE FITNESS WORKOUT</p>	<p>BIKINI BODY SCULPT</p>	<p>SUMMERGIRL YOGA FLOW VIDEO</p>
4	5	6	7	8	9	10
<p>COMPLETE 30 MIN OF CARDIO</p>	<p>30 MINUTE KICKBOXING CAARDIO</p>	<p>COMPLETE CORE VIDEO</p>	<p>BOOTY BLASTER WORKOUT</p>	<p>BOOTY &amp; ABS KETTLEBELL WORKOUT</p>	<p>SEXY SUMMER ARMS WORKOUT</p>	<p>POOLSIDE PILATES</p>
11	12	13	14	15	16	17
<p>COMPLETE 30 MIN OF CARDIO</p>	<p>BARRE FITNESS WORKOUT</p>	<p>SIDE ABS &amp; PLANK CHALLENGE VIDEOS</p>	<p>BOOTY BLASTER #2 WORKOUT</p>	<p>TOTAL BODY KETTLEBELL</p>	<p>SENSATIONAL ARMS WORKOUT</p>	<p>SUMMERGIRL YOGA FLOW VIDEO</p>
18	19	20	21	22	23	24
<p>COMPLETE 40 MIN OF CARDIO</p>	<p>TOTAL BODY 20</p>	<p>COMPLETE CORE VIDEO</p>	<p>BEACH BEAUTY WORKOUT</p>	<p>BIKINI BODY SCULPT</p>	<p>LONG LEAN LEGS WORKOUT</p>	<p>POOLSIDE PULATES</p>
25	26	27	28	29	30	31
<p>COMPLETE 45 MIN OF CARDIO</p>	<p>THE LITTLE BLACK DRESS WORKOUT</p>	<p>BOOTY &amp; ABS KETTLEBELL WORKOUT</p>	<p>BOOTY BLASTER WORKOUT</p>	<p>TOTAL BODY 20</p>	<p>UPPER ABS &amp; LOWER ABS VIDEOS</p>	<p>BARRE FITNESS WORKOUT</p>