



## FAT BURN & TONE BOOTCAMP

MON  
26

**LIVE 12:00PM UK TIME**  
**WEIGHTS VS CARDIO**  
RESISTANCE BAND, WEIGHTS & CHAIR  
30 MINS

[CLICK HERE](#)  
**500 REP ABS**  
NO EQUIPMENT  
12 MINS

TUES  
27

**NEW 5:30PM UK TIME**  
**SEXY WAIST & STOMACH**  
NO EQUIPMENT  
6 MINS

[CLICK HERE](#)  
**CARDIO BURN**  
NO EQUIPMENT  
30 MINS

WED  
28

**LIVE 12:00PM UK TIME**  
**WEIGHTS VS CARDIO**  
RESISTANCE BAND, WEIGHTS & CHAIR  
30 MINS

[CLICK HERE](#)  
**INTENSE ABS**  
NO EQUIPMENT  
7 MINS

[CLICK HERE](#)  
**LEGS BURNER**  
NO EQUIPMENT  
10 MINS

THURS  
29

**NEW 5:30PM UK TIME**  
**SEXY HIPS**  
RESISTANCE BAND & WEIGHTS  
8 MINS

[CLICK HERE](#)  
**FAT BURN CARDIO**  
RESISTANCE BAND  
40 MINS

FRI  
30

ACTIVE RECOVERY DAY

[CLICK HERE](#)  
**FULL BODY STRETCH**  
30 MINS

SAT  
31

[CLICK HERE](#)  
**INNER & OUTER THIGHS**  
RESISTANCE BAND,  
WEIGHTS & CHAIR  
7 MINS

[CLICK HERE](#)  
**SHOULDERS &  
ARMS**  
WEIGHTS  
10 MINS

[CLICK HERE](#)  
**FULL BODY TONE PILATES**  
RESISTANCE BAND, WEIGHTS  
& PILLOW  
30 MINS

SUN  
1

[CLICK HERE](#)  
**11 LINE ABS**  
NO EQUIPMENT  
7 MINS

[CLICK HERE](#)  
**FULL BODY SCULPT & STRENGTHEN**  
RESISTANCE BAND & WEIGHTS  
40 MINS



# CONGRATULATIONS!

## YOU MADE IT!

A huge congratulations for making it to the end of this weeks LEAN Weekly Guide. This is the start of incredible things for you and I'm so proud of you for making it this far. I really hope you're enjoying new healthy lifestyle habits, as well as increased energy levels.

This is not the end!

If you would like to continue with the LEAN Guides, I recommend the [8 Week LEAN Transformation Guide](#).

To **get 20% off** the guide, enter the code below on checkout:

**'IMREADY'**

If you want to see the food I eat on a daily basis, check this out!

[My Cookbook](#)

To **get 20% off** my Cookbook, enter the code below on checkout:

**'YUMMY'**

The #LeanWithLilly community is always here to support you! Please don't forget to update me and the rest of the familia on how you've got on by posting your pictures and tagging us on Instagram and in our Facebook Group.

Love you loads, Lilly xx



@LILLYSABRI



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LILLY SABRI



LEAN WITH LILLY GUIDES



TO PURCHASE LEAN PRODUCTS CLICK HERE:

[WWW.LEANWITHLILLY.COM](http://WWW.LEANWITHLILLY.COM)