

Shapeit.nl

Summer body

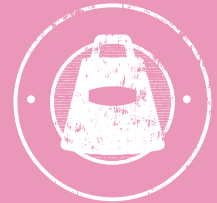
WORKOUT PLAN

IT'S NEVER TOO LATE TO START

Shapeit.nl



WORKOUT SCHEDULE



Maand _____ / Week ____ Water Inname: 

HI YOU! ♥

Wat goed dat je je hebt ingeschreven voor de 4 weken challenge! We hebben een heleboel leuke workouts samengesteld dat zorgt voor een gevarieerd, uitdagend workout plan.

Ben jij er klaar voor?

M	T	W	T	F	S	S
LEGDAY	UPPER BODY	FULL BODY	REST	BOOTY	PILATES	BODY BALANCE
FAT BURNING	KICKBOX	ARMS	REST	HIIT	BALLET BODY	COOL DOWN
NO JUMPING HIIT	SIXPACK ABS	BOOTY	REST	SMALL WAIST	FB FAT BURN	PILATES
STANDING ABS	CARDIO	TONED ARMS	REST	CALORIE KILLER	SMALL WAIST	REST

Week 1

MAANDAG

LEGDAY

15 MIN INNER & OUTER THIGH WORKOUT

10 MIN BEGINNER FRIENDLY LEG
WORKOUT



DINSDAG

UPPER BODY

10 MIN BEGINNER FRIENDLY ARM WORKOUT

15 MIN UPPER BODY

WOENSDAG

FULL BODY

30 MIN NO REPEAT FULL BODY
WORKOUT WITH WEIGHTS



DONDERDAG

RESTDAY

VRIJDAG

BOOTY

10 MIN BEGINNER FRIENDLY LOWER BODY
WORKOUT

10 MIN BUTT WORKOUT

ZATERDAG

BODY BALANCE

10 MIN PILATES ABS NO REPEAT

5 MIN COOLDOWN & STRETCH



ZONDAG

RESTDAY

Week 2

MAANDAG

FAT BURNING

10 MIN FAT BURNING WORKOUT

10 MIN BEGINNER-FRIENDLY
CARDIO KICKBOXING

DINSDAG

KICKBOX

30 MIN CARDIO KICKBOXING



WOENSDAG

ARMS

5 MIN TONED ARMS NO REPEATS

10 MIN BEGINNER FRIENDLY ARM
WORKOUT

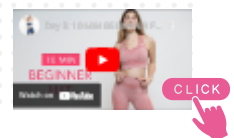
DONDERDAG

RESTDAY

VRIJDAG

HIIT

10 MIN BEGINNER FRIENDLY HIIT
WORKOUT



ZATERDAG

BALLET BODY

15 MIN BALLET BOOTY

ZONDAG

COOL DOWN

5 MIN COOLDOWN & STRETCH



Week 3

MAANDAG

NO JUMPING HIIT

15 MIN NO JUMPING HIIT NO REPEAT

DINSDAG

SIXPACK ABS

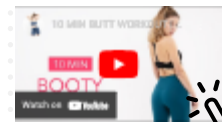
10 MIN SIXPACK ABS

15 MIN NO JUMPING STANDING ABS

WOENSDAG

BOOTY

10 MIN BUTT WORKOUT



DONDERDAG

RESTDAY

VRIJDAG

SMALL WAIST

10 MIN SMALL WAIST & LOSE BELLY FAT

15 MIN SMALL WAIST & FLAT BELLY

ZATERDAG

FB FAT BURN

35 MIN FULL BODY FAT BURNER



ZONDAG

PILATUS

10 MIN PILATES ABS NO REPEAT

5 MIN COOLDOWN & STRETCH

Week 4

MAANDAG

STANDING ABS

15 MIN NO JUMPING STANDING ABS



DINSDAG

CARDIO

35 MIN WALKING CARDIO WORKOUT

WOENSDAG

TONED ARMS

5 MIN TONED ARMS NO REPEATS

10 MIN BEGINNER FRIENDLY ARM
WORKOUT

DONDERDAG

RESTDAY

VRIJDAG

CALORIE KILLER

10 MIN MEDIUM LEVEL HIIT

10 MIN HIIT WORKOUT NO REPEAT

ZATERDAG

SMALL WAIST

10 MIN SMALL WAIST & LOSE BELLY
FAT

15 MIN SMALL WAIST & FLAT BELLY

ZONDAG

RESTDAY

WORKOUT MONTHLY PLANNER

WORKOUT GOALS FOR THIS MONTH: _____

	S	M	T	W	T	F	S
WEEK 1		✓					
WEEK 2							
WEEK 3							
WEEK 4							

things to
remember

MONTH: _____

