

TOP TO BOTTOM FULL BODY FAT BURN GUIDE

START THE CHALLENGE
YOU'VE GOT THIS

BEGINNERS DO YOUTUBE WORKOUTS
ADVANCED DO ALL WORKOUTS

CLICK THE **THUMBNAILS**
TO ACCESS THE WORKOUTS

 [CLICK HERE FOR NEW WORKOUTS](#)

YOUTUBE WORKOUTS

MON

TUES

WEDS

THURS

FRI

SAT

SUN



NEW



ABS
& WAIST
SHRED
IN 14 DAYS



NEW



LOSE
ARM
FAT
IN 2 WEEKS

REST DAY



KILLER
LOWER ABS
6 MIN



SLIM
WAISTLINE
7 DAY PLAN



BUTT LIFT
PILATES BODY
8 MIN



FULL BODY
FAT BURN
IN 14 DAYS
NO JUMPING



SLIMMER
LEGS
IN 10 DAYS



STRONG
BACK &
SHOULDERS
7 DAY PLAN



PILATES
FULL BODY
15 MIN



TOP 10
SIDE BUTT
EXERCISES

ADVANCED WORKOUTS

GET THE LEAN APP FOR ACCESS



High on HIIT
Circuits



Full Body Ladder
Sculpt vs
Strength



Boxing Inspired
HIIT & Abs



Pilates Shape &
Sculpt



Reset & Stretch
21 mins



Circuits . com



Booty & Legs
Pilates vs Cardio

FOR THE BEST RESULTS DO ALL WORKOUTS

TO JOIN THE LEAN APP, [CLICK HERE](#)

BEGINNER

ADVANCED