



MY GOAL

2 WEEK TOTAL BODY CHALLENGE

3 exercises create a high intensity daily workout in minutes.

RESOURCES: Print the plan and learn the moves for the 2 Week Total Body Challenge.

SUGGESTED GOAL PAIRINGS: Track Progress - Drink Water - Eat Healthy

PROGRESS: For every day you complete the 2 Week Challenge, color in the box.



2 WEEK TOTAL BODY	
WEEK 1	WEEK 2
30 seconds each (2X)	55 seconds each (4X)
35 seconds each (3X)	REST
REST	50 seconds each (4X)
40 seconds each (3X)	55 seconds each (5X)
45 seconds each (4X)	REST
REST	60 seconds each (5X)
50 seconds each (3X)	60 seconds each (6X)