

Women's Health

**30
DAY**

FITNESS CHALLENGE



WEEK 1 Focus on your form

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lower Body	Upper Body	Cross-Training	Total Body	Abs	Cross-Training	x

WEEK 2 Go for more reps

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lower Body	Upper Body	Cross-Training	Total Body	Abs	Cross-Training	x

WEEK 3 Try a new cross-training workout

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lower Body	Upper Body	Cross-Training	Total Body	Abs	Cross-Training	x

WEEK 4 Complete an extra round

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lower Body	Upper Body	Cross-Training	Total Body	Abs	Cross-Training	x

WEEK 5 Finish strong

MONDAY	TUESDAY
Lower Body	Upper Body

Womens Fitness Program Development

Raffaela Di Napoli



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