

## *Do Life Fit 24 Day Challenge*

### *Phase 2*

#### Day 4 – STEADY CARDIO

- *Pick any cardio of your choice and go at a steady pace for 35 – 45 minutes. You can even do a few different types of cardio back to back if you wish.*
  
- *STRETCH*
  
- *DO NOT FORGET TO DRINK PLENTY OF WATER*