



## 24 DAY CHALLENGE

<b>DAY 1</b> Full Body Workout	<b>DAY 2</b> Steady Cardio Abs	<b>DAY 3</b> REST	<b>DAY 4</b> HIIT Cardio	<b>DAY 5</b> Full Body Abs	<b>DAY 6</b> REST
<b>DAY 7</b> REST	<b>DAY 8</b> TABATA Chest/Triceps	<b>DAY 9</b> Steady Cardio Abs	<b>DAY 10</b> REST	<b>DAY 11</b> Biceps/Back Superset HIIT	<b>DAY 12</b> Legs
<b>DAY 13</b> REST	<b>DAY 14</b> REST	<b>DAY 15</b> Shoulders Tabata Abs Tabata cardio	<b>DAY 16</b> Steady Cardio	<b>DAY 17</b> REST	<b>DAY 18</b> HIIT Cardio
<b>DAY 19</b> Full Body	<b>DAY 20</b> REST	<b>DAY 21</b> REST	<b>DAY 22</b> Tabata Tabata Abs	<b>DAY 23</b> Steady Cardio	<b>DAY 24</b> HIIT Full Body

WHAT'S YOUR GOAL? \_\_\_\_\_

ACHIEVED YOUR GOAL: YES / NO

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