



24 DAY CHALLENGE NEW DAY, BETTER YOU

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

WHAT'S YOUR GOAL? _____