

# fat loss 30 day workout challenge

1 <b><u>Metabolic Training Circuits</u></b> (55 mins)	2 <b><u>Metabolic Training Functional</u></b> (55 mins)	3 <b><u>Quiet Quarantine Cardio Sculpt</u></b> (39 mins) <b><u>Target 15 Standing Abs</u></b> (16 mins)	4 <b>Active Rest day</b> Stretch Light Cardio	5 <b><u>Apartment Fever Up and Down</u></b> (40 mins)	6 <b><u>Apartment Fever Cardio Sculpt</u></b> (35 mins) <b><u>Target 20 Barre</u></b> (23 mins)	7 <b>Active Rest day</b> Stretch Light Cardio	
8 <b><u>Apartment Fever Combinations</u></b> (35 mins) <b><u>Target 15 Weighted Upper</u></b> (16 mins)	9 <b><u>Torch &amp; Tone Weights</u></b> (57 mins)	10 <b><u>Torch &amp; Tone Box</u></b> (34 mins) <b><u>Target 20 Core</u></b> (23 mins)	11 <b><u>Gentle Home Workout Walking</u></b> (29 mins)	12 <b><u>Torch &amp; Tone Slide</u></b> (43 mins)	13 <b><u>Torch &amp; Tone Cardio Sculpt</u></b> (62 mins)	14 <b>Active Rest day</b> Stretch Light Cardio	
15 <b><u>Festive Fit Day 1</u></b> (51 mins)	16 <b><u>Festive Fit Day 2</u></b> (62 mins)	17 <b><u>Festive Fit Day 3</u></b> (61 mins)	18 <b>Active Rest day</b> Stretch Light Cardio	19 <b><u>Festive Fit Day 4</u></b> (60 mins)	20 <b><u>Festive Fit Day 5</u></b> (66 mins)	21 <b>Active Rest day</b> Stretch Light Cardio	
22 <b><u>Shape Up Barre Box</u></b> (47 mins)	23 <b><u>Shape Up Band</u></b> (49 mins)	24 <b><u>Shape Up Slide Sculpt</u></b> (43 mins)	25 <b><u>Gentle Home Workout Cardio Sculpt</u></b> (40 mins)	26 <b><u>Energy Flow Band</u></b> (39 mins) <b><u>Target 15 Standing Abs</u></b> (11 mins)	27 <b><u>Energy Flow Barre</u></b> (48 mins)	28 <b>Active Rest day</b> Stretch Light Cardio	
29 <b><u>Metabolic Training Cardio Sculpt</u></b> (57 mins)	30 <b><u>Metabolic Training Box Sculpt</u></b> (56 mins)	<b>instructions</b> This plan is designed as a guideline only. It is important to listen to your body, if you are too sore to do the next day's workouts then you can switch your rest days around or even take extra rest days. If you don't have some of the equipment you can either improvise with what you have or switch it for another workout of roughly the same duration. Depending on your fitness level and workout preference, you might want to add cardio or another toning workout which focuses on a different muscle group to increase the challenge.					