

tighter ASSETS - 4 week workout challenge

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wk 1 Mat Light wts	<u>Day 1</u> (33 mins)	<u>Day 2</u> (36 mins)	<u>Day 3</u> (36 mins)	Active Rest day Stretch/Cardio	<u>Day 4</u> (36 mins)	<u>Day 5</u> (35 mins)	Active Rest day Stretch/Cardio
Wk 2 Mat Light wts Small ball chair	<u>Day 6</u> (35 mins)	<u>Day 7</u> (34 mins)	<u>Day 8</u> (36 mins)	Active Rest day Stretch/Cardio	<u>Day 9</u> (35 mins)	<u>Day 10</u> (39 mins)	Active Rest day Stretch/Cardio
Wk 3 Mat Light wts Small ball Chair Ankle wts	<u>Day 11</u> (37 mins)	<u>Day 12</u> (36 mins)	<u>Day 13</u> (36 mins)	Active Rest day Stretch/Cardio	<u>Day 14</u> (mins)	<u>Day 15</u> (mins)	Active Rest day Stretch/Cardio
Wk 3 Mat weights Small ball Chair Ankle wts	<u>Day 16</u> (36 mins)	<u>Day 17</u> (36 mins)	<u>Day 18</u> (36 mins)	Active Rest day Stretch/Cardio	<u>Day 19</u> (36 mins)	<u>Day 20</u> (36 mins)	Active Rest day Stretch/Cardio

Instructions:

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.

