

tighter ASSETS - 4 week workout challenge

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

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.

