

The 14-Day Weight Loss Workout Challenge Plan

Day 1: CARDIO ABS DVD -- Cardio Abs (28 Minutes) + Concentrated Abs (26 Minutes)

Day 2: TOTAL BODY BALANCE DVD -- Cardio Dance Sculpt (20 Minutes) + Sole Sculpt (20 Minutes)

Day 3: WALKING FOR WEIGHT LOSS DVD -- Power Walk - include warm up + cool down - (40 Minutes)

Day 4: BARRE FITNESS DVD -- Cardio Ballet (20 Minutes) + Floor Barre (20 Minutes)

Day 5: CARDIO ABS DVD -- Total Body Abs Transformer (28 Minutes) + Tummy Torching Tabata (4 Minutes)

Day 6: TOTAL BODY BALANCE DVD -- Cardio Flow (20 Minutes) + Core Stretch (20 Minutes)

Day 7: ACTIVE REST DAY! Do something fun and active that you enjoy!

Day 8: BARRE FITNESS -- Cardio Ballet (20 Minutes) + Barre Burn (20 Minutes) + Floor Barre (20 Minutes)

Day 9: WALKING FOR WEIGHT LOSS -- High Energy Walk - include warm up + cool down - (40 Minutes)

Day 10: CARDIO ABS -- Total Body Abs Transformer (28 Minutes) + Cardio Abs (28 minutes) + Concentrated Abs (26 Minutes)

Day 11: TOTAL BODY BALANCE -- Cardio Flow (20 Minutes) + Cardio Dance Sculpt (20 Minutes) + Core Stretch (20 Minutes)

Day 12: WALKING FOR WEIGHT LOSS -- Power Walk - include warm up + cool down - (40 Minutes)

Day 13: TOTAL BODY BALANCE DVD -- Sole Sculpt (20 Minutes) / **CARDIO ABS:** Cardio Abs (28 Minutes) + Tummy Torching Tabata (4 minutes)

Day 14: ACTIVE REST DAY! Do something fun and active that you enjoy!

Want to continue beyond the 14 days? Feel free to start the rotation over once you've completed 1 round. Listen for more advanced options within each workout and feel free to add the additional challenge during your 2nd time through the rotation. Don't forget to check in with me after each workout and let me know how you are doing!