

# ADVANCED

## 30 DAY FITNESS CHALLENGE

# WORKOUT CALENDAR

<b>Day 1</b> BOOTY CAMP <i>60 Minutes</i>	<b>Day 2</b> BRUH- MANCE <i>60 Minutes</i>	<b>Day 3</b> THE 6IX <i>45 Minutes</i>	<b>Day 4</b> BOOM SHAKA LAKA <i>60 Minutes</i>	<b>Day 5</b> ARM-A- GET-IT-ON <i>60 Minutes</i>
<b>Day 8</b> BOOTY CAMP <i>60 Minutes</i>	<b>Day 9</b> BRUH- MANCE <i>60 Minutes</i>	<b>Day 10</b> TOO-BAD- AH, TABATA <i>45 Minutes</i>	<b>Day 11</b> BOOM SHAKA LAKA <i>60 Minutes</i>	<b>Day 12</b> ARM-A- GET-IT-ON <i>60 Minutes</i>
<b>Day 15</b> ALL THAT JUNK <i>60 Minutes</i>	<b>Day 16</b> SUPERMAN THAT ROW <i>60 Minutes</i>	<b>Day 17</b> TOO FAST TOO FURIOUS <i>30-50 Minutes</i>	<b>Day 18</b> BAD ASS <i>60 Minutes</i>	<b>Day 19</b> YOU GOT SERVED <i>45 Minutes</i>
<b>Day 22</b> ALL THAT JUNK <i>60 Minutes</i>	<b>Day 23</b> SUPERMAN THAT ROW <i>60 Minutes</i>	<b>Day 24</b> GET INTO FORMATION <i>45 Minutes</i>	<b>Day 25</b> BAD ASS <i>60 Minutes</i>	<b>Day 26</b> YOU GOT SERVED <i>60 Minutes</i>
<b>Day 29</b> BOOTY CAMP <i>60 Minutes</i>	<b>Day 30</b> BRUH- MANCE <i>30 Minutes</i>			

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# Advanced Home Workout Step Plan For Workers

**Rachel S Tattersall**



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