

PAHLA  FITNESS
MINI CHALLENGE

if your goal is
**WEIGHT
LOSS**

do these workouts

Eating the right number of calories

consistently is what changes the scale.

monday

CARDIO + STRENGTH

tuesday

LOW IMPACT CARDIO

wednesday

WALK + TONE

thursday

RECOVERY BALANCE

friday

POWER WALK

saturday

WEIGHT LOSS WEIGHTS

sunday

LOW IMPACT CARDIO

BONUS CONTENT

appropriate for either goal

Ep. 043 THE REAL PROBLEM

if your goal is
**BODY
SHAPING**

do these workouts

Changing your intensity each day is what
changes your body.

monday

PUSH STRENGTH

tuesday

RECOVERY MOVEMENT

wednesday

MODERATE CARDIO

thursday

MODERATE WEIGHTS

friday

RECOVERY BALANCE

saturday

MODERATE CARDIO TONING

sunday

MODERATE INDOOR RUNNING