



2 Week Workout Challenge

Week 1

01

**Legs
& Abs**

30 minutes

02

**Cardio
HIIT**

30 minutes

03

**TOTAL
BODY**

40 minutes

04

CARDIO
OR STEP &
ABS LIVE**

30 -60 minutes

05

**REST DAY
MOBILITY**

30 minutes

06

**UPPER
BODY
CIRCUIT**

35 minutes

07

**CARDIO
CORE &
MORE**

35 minutes

Week 2

08

**LEGS &
BACK**

30 minutes

09

**CARDIO
KICKBOXING
HIIT & ARMS**

40 minutes

10

**CHEST &
GLUTES**

35 minutes

11

CARDIO
OR STEP &
ABS LIVE**

30 -60 minutes

12

**REST DAY
OR
SUNDAY
STRETCH**

30 minutes

13

**FULL
BODY
STRENGTH**

40 minutes

14

**CARDIO
YOGA**

40 minutes

**FOR ALL INFO ON HOW TO USE THIS PROGRAM,
GO TO CDORNERFITNESS.COM**