FABULOUS 50'S | NEW 14 DAY CHALLENGE

NEW 30 MIN WALK

10 MINUTE LEGS

5 MIN STRETCH

DAY 1 PLAYLIST

45 mins

15 MIN WALK

10 MIN ARMS

15 MIN STRETCH

DAY 2 PLAYLIST

45 mins

1 MILE WALK

6 MIN ABS

8 MIN STRETCH

DAY 3 PLAYLIST

34 mins

30 MIN WALK

10 MIN LEGS

5 MIN STRETCH

DAY 4 PLAYLIST

35 mins

20 MIN WALK

10 MIN ARMS

15 MIN STRETCH

DAY 5 PLAYLIST

45 mins

30 MIN WALK

10 MIN STANDING ABS

5 MIN COOL DOWN

DAY 6 PLAYLIST

45 mins

5 MIN WARM UP

BALANCE

5 MIN STRETCH

DAY 7 PLAYLIST

30 mins

FABULOUS 50'S | NEW 14 DAY CHALLENGE

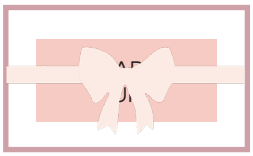
NEW 30 MIN WALK

10 MINUTE LEGS

8 MIN STRETCH

DAY 8 PLAYLIST

48 mins



NEW 5 MIN WARM UP

30 MIN WALK

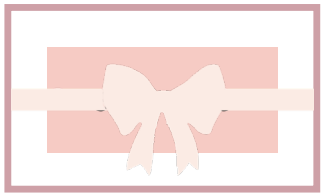
NEW 5 MIN ARMS

5 MIN STRETCH

DAY 9 PLAYLIST

45 mins

20 MIN WALK



NEW 10 MIN STANDING ABS

5 MIN STRETCH

DAY 10 PLAYLIST

35 mins

5 MIN WARM UP

20 MIN WALKING

10 MIN LEGS

15 MIN STRETCH

DAY 11 PLAYLIST

45 mins

30 MIN WALK

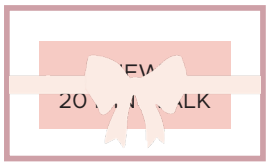
5 MIN ARMS

10 MIN STRETCH

DAY 12 PLAYLIST

45 mins

5 MIN WARM UP



NEW 20 MIN WALK

6 MIN ABS

5 MIN STRETCH

DAY 13 PLAYLIST

31 mins

5 MIN WALK

10 MIN LEGS

5 MIN STRETCH

10 MIN HIT

DAY 14 PLAYLIST

30 mins