

FABULOUS 50'S

NEW 14 DAY CHALLENGE

NEW



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

NEW



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



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