

FABULOUS 50'S

JAN 2021 14 DAY CHALLENGE



5 MIN WARM UP



NEW 15 MIN ARMS



ONE MILE 20 MIN WALK



5 MIN STRETCH

DAY 1 PLAYLIST

45 mins



30 MIN WALK



10 MIN ABS



5 MIN STRETCH

DAY 2 PLAYLIST

45 mins



NEW 10 MIN LEGS



30 MIN WALK



10 MIN STRETCH

DAY 3 PLAYLIST

40 mins



5 MIN WARM UP



20 MIN STEP CARDIO



10 MIN HIIT



8 MIN STRETCH

DAY 4 PLAYLIST

42 mins



NEW 5 MIN WARM UP



10 MIN ABS



NEW 30 MIN WALK WALK



5 MIN STRETCH

DAY 5 PLAYLIST

40 mins



6 MIN ABS



10 MIN FAT BURN



10 MIN STRETCH



10 MIN FULL BODY

DAY 6 PLAYLIST

36 mins



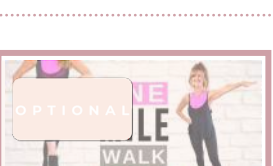
NEW 5 MIN WARM UP



10 MIN ARMS



10 MIN STRETCH



ONE MILE 15 MIN WALK

DAY 7 PLAYLIST

40 mins

FABULOUS 50'S

JAN 2021 14 DAY CHALLENGE



NEW 5 MIN WARM UP



NEW 15 MIN ARMS



NEW 30 MIN WALK



5 MIN STRETCH

DAY 8 PLAYLIST

55 mins



5 MIN WARM UP



30 MIN WALK



8 MIN ABS



10 MIN STRETCH

DAY 9 PLAYLIST

52 mins



NEW 5 MIN WARM UP



NEW 10 MIN LEGS



30 MIN WALK



8 MIN STRETCH

DAY 10 PLAYLIST

52 mins



5 MIN WARM UP



5 MIN ARMS



20 MIN WALK



5 MIN STRETCH

DAY 11 PLAYLIST

35 mins



NEW 5 MIN WARM UP



10 MIN ABS



NEW 30 MIN WALK



10 MIN STRETCH

DAY 12 PLAYLIST

55 mins



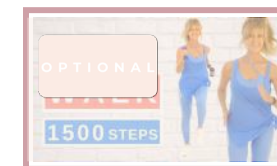
5 MIN WARM UP



6 MIN ARMS



10 MIN STRETCH



15 MIN WALK

DAY 13 PLAYLIST

36 mins



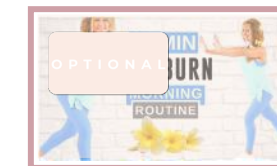
5 MIN KNEE PAIN



10 MIN ABS



10 MIN STRETCH



10 MIN FAT BURN

DAY 14 PLAYLIST

35 mins