

# 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*



30 MIN WALK WALK



15 MIN ABS



8 MIN STRETCH

**DAY 4**  
**PLAYLIST**  
*42 mins*



5 MIN WARM UP



10 MIN ABS



20 MIN STEP CARDIO



5 MIN STRETCH

**DAY 5**  
**PLAYLIST**  
*40 mins*



6 MIN ABS



10 MIN FAT BURN



10 MIN FULL BODY



10 MIN STRETCH

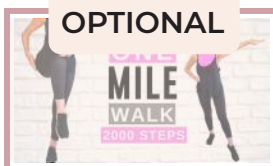
**DAY 6**  
**PLAYLIST**  
*36 mins*



NEW 5 MIN WARM UP



10 MIN HIIT



ONE MILE 15 MIN WALK



10 MIN STRETCH

**DAY 7**  
**PLAYLIST**  
*40 mins*

# FABULOUS 50'S

# JAN 2021 14 DAY CHALLENGE



5 MIN WARM UP



NEW 15 MIN ARMS



20 MIN WALK



5 MIN STRETCH

## DAY 8 PLAYLIST

50 mins



30 MIN WALK



8 MIN ABS



8 MIN STRETCH

## DAY 9 PLAYLIST

46 mins



NEW 5 MIN WARM UP



NEW 10 MIN LEGS



30 MIN WALK



5 MIN STRETCH

## DAY 10 PLAYLIST

52 mins



5 MIN WARM UP



5 MIN ARMS



NEW 30 MIN WALK



5 MIN STRETCH

## DAY 11 PLAYLIST

35 mins



NEW 5 MIN WARM UP



10 MIN ABS



30 MIN WALK



10 MIN STRETCH

## DAY 12 PLAYLIST

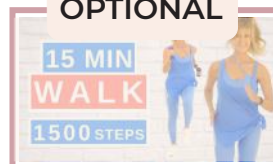
55 mins



5 MIN WARM UP



10 MIN ARMS



15 MIN WALK



10 MIN STRETCH

## DAY 13 PLAYLIST

36 mins



5 MIN KNEE PAIN



10 MIN ABS



10 MIN FAT BURN



10 MIN STRETCH

## DAY 14 PLAYLIST

35 mins