

14 DAY GET HEALTHY & FIT PLAN

WEEK TWO



DAY 8

Today we are doing a fun walk, which we get to travel along 20 different paths and I set you a challenge along each one.



DAY 9

Today you are going to need a chair for this workout, it takes 20 minutes and all will be revealed when you hit that play button.



DAY 10

Today it is all about the legs and as tough as it is, it will be so worth it.



DAY 11

Today you are going to love this one as we are going to be doing an indoor virtual assault course.



DAY 12

Today this is all about lower body and it is a quick workout but super effective.



DAY 13

Today you are going to be doing a fun cardio interval session and you will feel like champion after this one.



DAY 14

It's the last day so we are going to finish on a big one and this is my video that has had over 70 million downloads because it works, so try this and a big high 5 to you for doing this challenge

BE PROUD OF YOURSELF FOR COMPLETING THIS