



<i>DAY 1</i>	<i>DAY 2</i>	<i>DAY 3</i>	<i>DAY 4</i>	<i>DAY 5</i>
10 Minute Fitness Challenge Primer Mobility Work	10 Minute Fitness Challenge Squats & Mountain Climbers	10 Minute Fitness Challenge Jacks & Knees	10 Minute Fitness Challenge Push Ups & Crunches	10 Minute Fitness Challenge Kettlebell Swings & Squat to Press
<i>DAY 6</i>	<i>DAY 7</i>	<i>DAY 8</i>	<i>DAY 9</i>	<i>DAY 10</i>
10 Minute Fitness Challenge Superwoman & Glutebridge	10 Minute Fitness Challenge Grand Slam Workout	10 Minute Fitness Challenge Mobility Workout	10 Minute Fitness Challenge Full Body Fitmom Reality	10 Minute Fitness Challenge Burpee Challenge
<i>DAY 11</i>	<i>DAY 12</i>	<i>DAY 13</i>	<i>DAY 14</i>	<i>DAY 15</i>
Warm Up/Mobility (10 minutes)	Warm Up plus any 10 Minute Workout from 10 Minute Challenge	Warm Up/Mobility (10 minutes)	Warm Up + Total Headcase Workout (10-20 minutes)	Warm Up/Mobility (10 minutes)



<i>DAY 16</i>	<i>DAY 17</i>	<i>DAY 18</i>	<i>DAY 19</i>	<i>DAY 20</i>
Warm Up + Grand Slam Workout (10-20 minutes)	Warm Up/Mobility (10 minutes)	Warm Up + Lovely Legs & Shoulders Workout (10-20 minutes)	Warm Up or Jacks & Knees (10 -20 minutes)	Warm Up + 2, 4, 6, 8 Who Do You Appreciate Upper Body Workout (10-20 Minutes)

<i>DAY 21</i>	<i>DAY 22</i>	<i>DAY 23</i>	<i>DAY 24</i>	<i>DAY 25</i>
Warm Up/Mobility (10 minutes)	Warm Up + Ab Blaster (10 minutes)	Warm Up + Lovely Legs & Shoulders (10-20 minutes)	Warm Up/Mobility (10 minutes)	Warm Up + Right to Bear Arms (10-20 minutes)

<i>DAY 26</i>	<i>DAY 27</i>	<i>DAY 28</i>
Warm Up + Jacks & Knees or Grand Slam (10-20 minutes)	Warm Up/Mobility (10 minutes)	Warm Up + Total Headcase (10-20 minutes)

PRO TIPS:

Remember, even 10 minutes is effective!
 I recommend going in order, but if you need to move something up one day, no problem!
 Don't skip the Warm Up!
 Stretching AFTER is super important for recovery!