



GO SUMMER SHAPE-UP CHALLENGE

20 minutes of cardio before each workout can give you an extra calorie burn!



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1 GET STARTED	BeFit GO: 20 Min Cardio Power	BeFit GO: 10 Minute Total Body Blast	REST	BeFit GO: 20 Min Cardio Power	BeFit GO: 10 Minute Total Body Blast	REST	BeFit GO: 10 Min Ab Burner
WEEK 2 FULL SWING	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
	BeFit GO: 20 Min Total Body Toning	BeFit GO: 20 Min Cardio Power	REST	BeFit GO: 30 Min Total Body Burner	BeFit GO: 20 Min Total Body Toning	REST	BeFit GO: 20 Min Total Body Toning
WEEK 3 ON THE GO	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
	BeFit GO: 30 Min Gym Circuit	BeFit GO: 30 Min Gym Circuit	REST	BeFit GO: 20 Min Cardio Power	BeFit GO: 30 Min Total Body Burner	BeFit GO: 30 Min Gym Circuit	REST
WEEK 4 TOTAL TRANSFORMATION	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
	BeFit GO: 40 Min Total Body Strength- Circuit 1	BeFit GO: 40 Min Total Body Fat Burn- Circuit 2	REST	BeFit GO: 40 Min Total Body Strength- Circuit 1	BeFit GO: 40 Min Total Body Fat Burn- Circuit 2	REST	BeFit GO: 40 Min Total Body Strength- Circuit 1