## FITGIRL BIKINI CHALLENGE



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WK #1	WK #2	WK #3	WK #4		
MOTIVATION MONDAY CIRCUIT TRAINING  MA					
CHILLING TUESDAY	CHILLING TUESDAY	CHILLING TUESDAY	CHILLING TUESDAY		
WORKOUT WEDNESDAY  VIDEO WORKOUT  WO					
JUMPING THURSDAY  CIRCUIT TRAINING  DO	JUMPING THURSDAY  CIRCUIT TRAINING  DO	JUMPING THURSDAY  CIRCUIT TRAINING  DO	JUMPING THURSDAY CIRCUIT TRAINING  DO		
FREE ON FRIDAY	FREE ON FRIDAY	FREE ON FRIDAY	FREE ON FRIDAY		
SLIMMING SATURDAY	SLIMMING SATURDAY	SLIMMING SATURDAY	SLIMMING SATURDAY		
SUNDAY RUNDAY KM	SUNDAY RUNDAY KM	SUNDAY RUNDAY KM	SUNDAY RUNDAY KM		

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CHALLENGE CALENDAR

TOLLOW FITOIRLS.COM				
WK #5	WK #6	WK #7	WK #8	
3 SETS	3 SETS	3 SETS	3 SETS	
MOTIVATION MONDAY CIRCUIT TRAINING				
CHILLING TUESDAY	CHILLING TUESDAY	CHILLING TUESDAY	CHILLING TUESDAY	
□ DI	□ DI	□ DI	   □ DI	
OPTIONEEL	OPTIONEEL	OPTIONEEL	OPTIONEEL	
WORKOUT WEDNESDAY	WORKOUT WEDNESDAY	WORKOUT WEDNESDAY	WORKOUT WEDNESDAY	
VIDEO WORKOUT  WO	VIDEO WORKOUT  WO	VIDEO WORKOUT  WO	VIDEO WORKOUT  WO	
3 SETS	3 SETS	3 SETS	3 SETS	
JUMPING THURSDAY	JUMPING THURSDAY	JUMPING THURSDAY	JUMPING THURSDAY	
CIRCUIT TRAINING	CIRCUIT TRAINING	CIRCUIT TRAINING	CIRCUIT TRAINING	
□ DO	□ DO	□ DO	□ DO	
FREE ON FRIDAY	FREE ON FRIDAY	FREE ON FRIDAY	FREE ON FRIDAY	
□ VR	□ VR	□VR	□ VR	
SLIMMING SATURDAY	SLIMMING SATURDAY	SLIMMING SATURDAY	SLIMMING SATURDAY	
☐ ZA	□ZA	☐ ZA	│ │	
SUNDAY RUNDAY	SUNDAY RUNDAY	SUNDAY RUNDAY	SUNDAY RUNDAY	
KM	KM	KM	KM	
$\square$ ZO	$\square$ ZO	$\square$ ZO	$\square$ ZO	