

7 WEEK Challenge

WEEK 3 Workout Plan - 6 days a week , 1 day Rest

WEEKLY TARGET - 40 MINS DAILY WORKOUT

30 mins Mandatory + 10 mins extra challenge (shred)

The 2 routines can be done together or split, both are fine

- **Benefits** : Increased Fat Burn, Better Metabolism, Improved muscle mass
- **Target Area** : FULL BODY Fat Burn + LOWER BODY OR BELLY

WEEK 2 - DAILY WORKOUT COMBO

Warm Up (If you have weak knees or leg pain or early beginner)

EB2 - Knee Pain Workout

Workout	Workout Name
30 mins Cardio	<p>You can choose any of the 2 workouts</p> <p>BEG29 - Madhuri Special - Beginner</p> <p>BA42 - Tapani Mix - Dupatta Special ...beginners can also do this without jumping</p>
10 mins Strength	<p>BELLY SH10 - Belly Shred - with Chair - For everyone including new mothers, Diastasis Recti safe</p> <p>LEGS SH18 - Standing Leg Shred - Cellulite - Bend less if you have knee issues. All moves when done correctly don't put pressure on the knees. Beginners can hold a chair for support in all moves</p>

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Workout Pattern

Monday /Wednesday / Friday - Any one of the cardio + Belly Shred

Tuesday/ Thursday / Saturday - Any one of the cardio + Leg Shred

Rest Day

In the 7 week challenge we follow -

Monday - Saturday week for daily workouts and Sunday (Rest Day)

However you are free to choose your own rest day