

7 WEEK Challenge

WEEK 4 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 + BELLY AND CHEST

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	You can choose any of the 2 workouts BEG30 - Full Body Mix - Beginner OR BA34 - Radha Mix - Dumbbells Use 1 kg weight or 1 liter bottle ...beginners can also do this without jumping and with lighter weights
10 mins Strength	CHEST SH05 - Shred - Chest - without Dumbbells BELLY SH02 - Shred - Flat Belly - Sitting Abs with Chair - For everyone including new mothers, Diastasis Recti safe

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Workout Pattern

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

Tuesday/ Thursday / Saturday - Any one of the cardio + Chest 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