

7 WEEK Challenge

WEEK 6 & WEEK 7 - 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 / ARMS/ LEGS

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 OR Any of the previously posted Cardio workouts BEG28 - Dupatta Mix - Beginner OR BA36 - Aashiq banaya Aerobic workout ...beginners can also do this without jumping |
| 10 mins Strength | Choose any shred from available choices in rotating format mentioned below |

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Workout Pattern

Monday /Thursday - Any one of the cardio + Belly Shred

Tuesday/ Friday - Any one of the cardio + Arm/Chest Shred

Wednesday/ 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