

7 WEEK Challenge

WEEK 1 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**

WEEK 1 - 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	BEGINNER BEG33 - Shahrukh Khan Mix - Beginner
	ADVANCED BA40 - Belly Workout - Retro Mix
10 mins Strength	SH12 - Belly Shred - No crunches

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