

# 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 + LOWER BODY OR ARMS

### 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>BEG27 - Hrithik Special - Beginner</p> <p>BA39 - Aerobic Mix - Ranbir Kapoor</p> <p>...beginners can also do this without jumping</p>
10 mins Strength	<p><b>ARMS</b></p> <p>SH04 - Shred - Arms - without Dumbbells</p> <p><b>LEGS</b></p> <p>SH17 - Standing Leg Shred - Inner Thighs</p> <p>- Bend less if you have knee issues. All moves when done correctly don't put pressure on the knees.</p>

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## Workout Pattern

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

**Tuesday/ Thursday / Saturday** - Any one of the cardio + Arms 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