**Good Morning,**

I hope you are doing well and recovered from the soreness of last week's workouts. but in order to grow, burn Fat, and gain muscles. we have to bump up the Lil bit intensity of the program.

so, This Is Last and final week of our program. And I really want you to give your super best in this week and feel the change next Monday.

Please follow the workout schedule as below.

**Week 4 Day 1**

Today, we are going to make sure we are going to do any of the exercises given below for one hr long with a minimum-minimum break in the morning and half an hr in the evening.

**1. Run**

**2. Rope Skipping**

**3. Stairs Up & Down**

**4. Cycling**

**5. incline Brisk Walk**

**and keep hydrated in the session. Drink water whenever you feel like. but drinking water shouldn't make you sit. I want you to do a full 1 hr super active today.**

**Note: Do not skip the evening half an hr.**

**Week 4 Day 2**

we are gonna **repeat** our **No Jump Cardio Day.** all the exercises will be the same but the **repetitions should be higher and higher. mean you have to have to perform better than before.**

as I asked u in the video I hope you have noted the last session reps and today your target is to beat yourself in the session.

**No Jump Cardio**

<https://youtu.be/DvNS4ERcGWc>

and Do let me know how easy today you felt doing it..

**Week 4 Day 3**

Yooo, Today's Surprise day. and we are gonna do train legs. :) don't b afraid. I know you can do it. I trust you.

as I asked u in the video I hope you have noted the last session reps and today your target is to beat yourself in the session.

**Lower Bod Work - 02**

<https://youtu.be/Ub3vQ-oRZHA>

I want you to **push Lil bit harder than before** and score the good number.

Enjoy guys and give you **maximum efforts**and don't forget to revert me back. with your score.

**Week 4 Day 4**

today, we are gonna **do Upper Bod Work -2 .** all the exercises will be the same but the **repetitions should be higher and higher. mean you have to have to perform better than before.**

as I asked u in the video I hope you have noted the last session reps and today your target is to beat yourself in the session.

**Upper Bod Work 2**

<https://youtu.be/MrhFAT9SMS4>

**Week 4 Day 5**

Today we are doing the **HIIT cardio and Abs workout**. Give your super best and score the good points.

**HIIT Cardio and Abs**

<https://youtu.be/PTfSvvtvifE>

do let me know how did you feel after this session, easy, or still tough.

Good Luck.

**Week 4 Day 6**

today i am increasing the intensity lil bit. and i want you to give 200% of your efforts

as I asked u in the video I hope you have noted the last session reps and today your target is to beat yourself in the session.

**Lower Bod Work - 02**

<https://youtu.be/Ub3vQ-oRZHA>

**Week 4 Day 7**

Today is your TEST Day, and make sure you are going to give your 200% in that 1 minute. And I trust you, your efforts. You will score a very good number today.

Below is the link to the body Fit Test.

**BODY FIT TEST**

<https://youtu.be/-HvCDiqans0>

and after the test, do send me your results and how you felt in this program. I am waiting for your score sheet. today eve I'll see all the sheets and will revert to you.

Soon I am announcing the **new Home fitness challenge in** which will be an advance and intense version of this program.

Also, all the members of the **fitness challenge members** will get **diet plans, bounce videos, charts, and progress tracking system.**

**Do Ping Me For More Details. And also I have special discount of my pervious members.**

Soon I’ll be contacting you.

**DON’T FORGET TO PING ME BACK WITH YOUR RESULTS AND YOUR EXPERIENCE.**

**Best Of Luck**

Regards

Coach Nikk

Founder & Head Coach

Nikk Fit World

***P.S: This Youtube Link is a private. DO NOT share it with anyone else. We are Working on our own platform, soon it'll be ready. till then Please co-operate with us.***