

BEAUTY + BOOTY CHALLENGE

Checklist

Sunday

- Stretching/Foam Rolling
- Meal Prep
- BeYOUtiful Photo Challenge
- Instagram Check In #LGAaccountability

Monday

- Workout: Lower Body Strength
- Cardio Add On Plan Workout (Premium Challenge Pack)
- BeYOUtiful Photo Challenge
- Instagram Check In #LGAaccountability

Tuesday

- Workout: Upper Body Circuit
- BeYOUtiful Photo Challenge
- Instagram Check In #LGAaccountability

Wednesday

- Workout: HIIT Cardio + Abs
- BeYOUtiful Photo Challenge
- Instagram Check In #LGAaccountability

Thursday

- Workout: Upper Body Strength
- Cardio Add On Plan Workout (Premium Challenge Pack)
- BeYOUtiful Photo Challenge
- Instagram Check In #LGAaccountability

Friday

- Workout: Lower Body Circuit
- Cardio Add On Plan Workout (Premium Challenge Pack)
- BeYOUtiful Photo Challenge
- Instagram Check In #LGAaccountability

Saturday

- Workout: Steady State Cardio + Core
- BeYOUtiful Photo Challenge
- Instagram Check In #LGAaccountability