



2016

January



FIT BOTTOMED CHALLENGE

| <i>Funday</i> <u>Sunday</u> | <i>Munch It</i> <u>Monday</u> | <i>Too Sexy</i> <u>Tuesday</u> | <i>Work It</i> <u>Wednesday</u> | <i>Thoughtful</i> <u>Thursday</u> | <i>Fit Bottomed</i> <u>Friday</u> | <i>Booty-full</i> <u>Saturday</u> |
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| | | | | | Make a ¹ realistic resolution & share w/ @FitBottomedGirl | How many can ² you do in a minute of each? Push-ups, squats, sit-ups, lunges, tricep dips, burpees |
| ³ Create a soundtrack for your new rear | ⁴ Got cravings? Fight 'em with a healthier substitute | ⁵ Write down 15 things you love about your body | ⁶ Do this circuit as many times as you can in 10 min: 10 push-ups, 10 lunges, 10 tricep dips, 10 squats, 10 sit-ups, 10 burpees | ⁷ Begin to select images for a dream board | ⁸ Keep it simple with the KISS workout | ⁹ 10 Moves in 10 Minutes workout |
| ¹⁰ Have a dance party with your new rear playlist! | ¹¹ Make some energy balls | ¹² Write down at least 15 activities you love to do | ¹³ Do this circuit as many times as you can in 15 min: 10 push-ups, 10 lunges, 10 tricep dips, 10 squats, 10 sit-ups, 10 burpees | ¹⁴ Arrange your images for your dream board and think about how each one relates to your fit future | ¹⁵ Do some quick upper-body work + 20 minutes of your fave cardio | ¹⁶ Do 3 moves to make you smile |
| ¹⁷ Host a workout DVD swap — be sure to grab a couple for you! | ¹⁸ Try a smoothie bowl | ¹⁹ Reclaim your scale and show us on Twitter @FitBottomedGirl | ²⁰ Do this circuit as many times as you can in 20 min: 10 push-ups, 10 lunges, 10 tricep dips, 10 squats, 10 sit-ups, 10 burpees | ²¹ Take 5 minutes to look at your dream board and visualize yourself healthy and totally happy | ²² Do some feel-good yoga | ²³ Do the Ultimate Hips, Bum & Thigh workout |
| ²⁴ Do that DVD you swapped with a friend! | ²⁵ Have a guilt-free sweet treat | ²⁶ Take a long hot bath tonight — you deserve it! | ²⁷ Do this circuit as many times as you can in 25 min: 10 push-ups, 10 lunges, 10 tricep dips, 10 squats, 10 sit-ups, 10 burpees | ²⁸ Share a photo of your dream board with us on Instagram @FitBottomedGirl | ²⁹ Do your fave cardio for 30+ minutes | ³⁰ How many can you do in a minute of each? Push-ups, squats, sit-ups, lunges, tricep dips, burpees |