

New Year Resolution 30-Day Fitness Challenge

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Sunday

Get the workouts instructions via
www.mydreamshape.com &
www.myfitstation.com

1) **TRAIN MEAN
GET LEAN**

2) **BOOTY POW :
ELLIPTICAL HIIT**

3) **Rest
Day**

4) **ULTIMATE
BUTT BUILDING +
DREAM SHAPE ABS**

5) **TABATA BURNS
+ NO MORE
ARM JIGGLE**

6) **SEXY BACK
WORKOUT**

7) **BOOTY PUMP
CIRCUIT**

8) **PLANKATHON**

9) **VICTORIA
SECRET MODEL
LEGS**

10) **Rest
Day**

11) **PUMP, BURN &
SCULPT**

12) **GOOD
MORNING FAT
BLASTER HIIT**

13) **PLYOMETRICS
POWER !**

14) **30 MIN
KETTLEBELL
WORKOUT**

15) **COREBUSTER
HIIT**

16) **CELLULITE
ERASER**

17) **Rest
Day**

18) **FEEL THE
BURN & DO IT
ANYWAY**

19) **BACKLESS
DRESS
WORKOUT**

20) **SQUAT COMBO
CHALLENGE**

21) **BIKINI TOP
WORKOUT**

22) **KISS MY
BOOTY HIIT**

23) **BODY
SCULPTING HIIT**

24) **Rest
Day**

25) **BIKINI MODEL
BUTT + DREAM
SHAPE ABS**

26) **BEST ELLIPTICAL
WORKOUT**

27) **LUNGE
SHREDDER**

28) **SEXY AS HELL
CORE WORKOUT**

29) **NEW YEAR
RESOLUTION FULL
BODY WORKOUT**

30) **WHICKED
STRETCH &
TONE**

31) **Rest
Day**

@myfitstation
@mydreamshape
#HotBod2014