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FEBRUARY 2015



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- Fitness Challenge -

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Join the February 4-week Fitness Challenge

#FabInFeb via www.myfitstation.com

1. Elliptical HIIT Meltdown

2. Lose the Last 10 Pounds Workout

3. Rest Day

4. Plyo Power Tabata Workout

5. Mega Super-Set – Abs & Thighs Workout

6. Active Rest Day

7. Pushup Attack – HIIT Chest Workout

8. Lazy Sunday Bodyweight Circuit

9. The Best Workouts for a Crowded Gym

10. Rest Day

11. Lower Body Lift & Sculpt Workout

12. Upper Body Melt-Down Workout

13. Active Rest Day

14. All Eyes on Me Total Body HIIT

15. Corebuster HIIT Ab Workout

16. Tabata Lunge Shredder Workout

17. Rest Day

18. Body Sculpting HIIT

19. 2015 Fit Babe Abs & Thighs Circuit

20. Active Rest Day

21. Unstoppable Upper Body & Core HIIT

22. Lunge & Burn HIIT Circuit

23. Jump Around Fat Burning Plyo Workout

24. Rest Day

25. Fierce & Strong Speedy Workout

26. Gluticiousss Butt Workout

27. Active Rest Day

28. Fabulous for 2015 Circuit

You did it!