

# 14 DAY WORKOUT PLAN

# SLIM DOWN



- BODY SCULPT
- GRIT HIIT + 10 MIN ABS
- POWER TOWER
- TURBO KICK OR STEP + 10 MIN ABS
- 1 HOUR WALK / JOG + SLOW STRETCH
- BODY SCULPT
- GRIT HIIT + 10 MIN ARMS
- POWER TOWER
- TURBO KICK OR STEP + 10 MIN GLUTES
- 1 HOUR WALK / JOG + SLOW STRETCH
- BODY SCULPT
- GRIT HIIT + 10 MIN GLUTES
- POWER TOWER
- TURBO KICK OR STEP + 10 MIN GLUTES