

be that girl

CHALLENGE



Beginners timetable to build a better body in 8 weeks

Beginners Week 1-2

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	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Resistance	Prog One		Prog One			Prog One	
S.S Cardio		20-30 Mins			20-30 Mins		
Hitt							
Rest Day				Rest			Rest

Beginners Week 3-4

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	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Resistance	Prog Two		Prog Two			Prog Two	
S.S Cardio		20-30 Mins			20-30 Mins		
Hitt							
Rest Day				Rest			Rest

Beginners Week 5-6

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	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Resistance	Prog Three		Prog Three			Prog Three	
S.S Cardio		15-20 Mins			15-20 Mins		
Hitt		Hitt One			Hitt One		
Rest Day				Rest			Rest

Beginners Week 7-8

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	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Resistance	Prog Four		Prog Four			Prog Fourt	
S.S Cardio		15-20 Mins			15-20 Mins		
Hitt		Hitt Two			Hitt Two		
Rest Day				Rest			Rest

Regular Exercisers Week 1-2

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	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Resistance	Prog One		Prog One			Prog One	
S.S Cardio		15-20 Mins			15-20 Mins		
Hitt		Hitt One			Hitt One		
Rest Day				Rest			Rest

Regular Exercisers Week 3-4

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	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Resistance	Prog Two		Prog Two			Prog Two	
S.S Cardio		15-20 Mins			15-20 Mins		
Hitt		Hitt Two			Hitt Two		
Rest Day				Rest			Rest

Regular Exercisers Week 5-6

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	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Resistance	Prog Three		Prog Three			Prog Three	
S.S Cardio		15-20 Mins			15-20 Mins		
Hitt		Hitt Three			Hitt Three		
Rest Day				Rest			Rest

Regular Exercisers Week 7-8

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	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Resistance	Prog Four		Prog Four			Prog Four	
S.S Cardio		20-30 Mins			20-30 Mins		
Hitt		Hitt Four			Hitt Four		
Rest Day				Rest			Rest