

7-Day Slim Down Challenge Workout Calendar

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Slim Down Workout	HIIT & ABS Workout	Slim Down Workout	REST DAY	Arms + Abs Workout	Slim Down Workout	HIIT & ABS Workout
+	+	+		+	+	+
30-Minute LISS or HIIT Cardio	30-Minute LISS or HIIT Cardio	30-Minute LISS or HIIT Cardio		30-Minute LISS or HIIT Cardio	30-Minute LISS or HIIT Cardio	30-Minute LISS or HIIT Cardio

Slim Down Workout

20sec. Jogging on Spot Push-up
20sec. Jumping Jacks
Squats
Jump Squats
Dumbbell Reverse Lunge w/ Press
Dumbbell Deadlift w/ Upright Row
Speed Skater w/ Tricep Kickback
Dumbbell Push-up & Row
(Repeat 1x)

Core Circuit

Leg Raises
Bicycle Crunches
Dumbbell Russian Twists
(Repeat 3x)

HIIT & Abs Workout

6-Minute Core Circuit (Repeat 2-3x)

+

3-Minute Cardio Circuit (Repeat 2-3x)

20sec. Dumbbell Swings
10sec. Rest
20sec. Cracker Jacks
10sec. Rest
20sec. Mountain Climbers
10sec. Rest
20sec. Criss Cross Jacks
10sec. Rest
20sec. Shootin' Hoops
10sec. Rest
20sec. Speed Skaters
10sec. Rest

Arms + Abs Workout

4-Minute Circuit

Walking Push-Ups
Dumbbell Plank Row + Tricep Kickback
Dumbbell Curl & Press
Mountain Climbers
Bicycle Crunches with Dumbbell Punch
V Sit Dumbbell Shoulder Press
Dumbbell T-Push-Ups
Side Plank + Oblique Twist

Preform each exercise for 30 seconds.
Complete all eight exercises back-to-back
for a total of 4 minutes.
Repeat circuit 2-3 times