



FITin4 Workout Challenge

WEEK 1

1. <u>CHEST TRICEPS & SHOULDERS KETTLEBELLS</u>	2. <u>GLUTES HAMSTRINGS CALVES KETTLEBELL COMBOS</u>	3. <u>POWER PILATES DUMBBELLS</u>	4. <u>BACK BICEPS & ABS KETTLEBELL COMBOS</u>	5. <u>GLUTES & QUADS KETTLEBELL SUPERSETS</u>	6. <u>FULL BODY METCON DUMBBELLS</u>	7. <u>PILATES AND STRETCH</u>
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WEEK 2

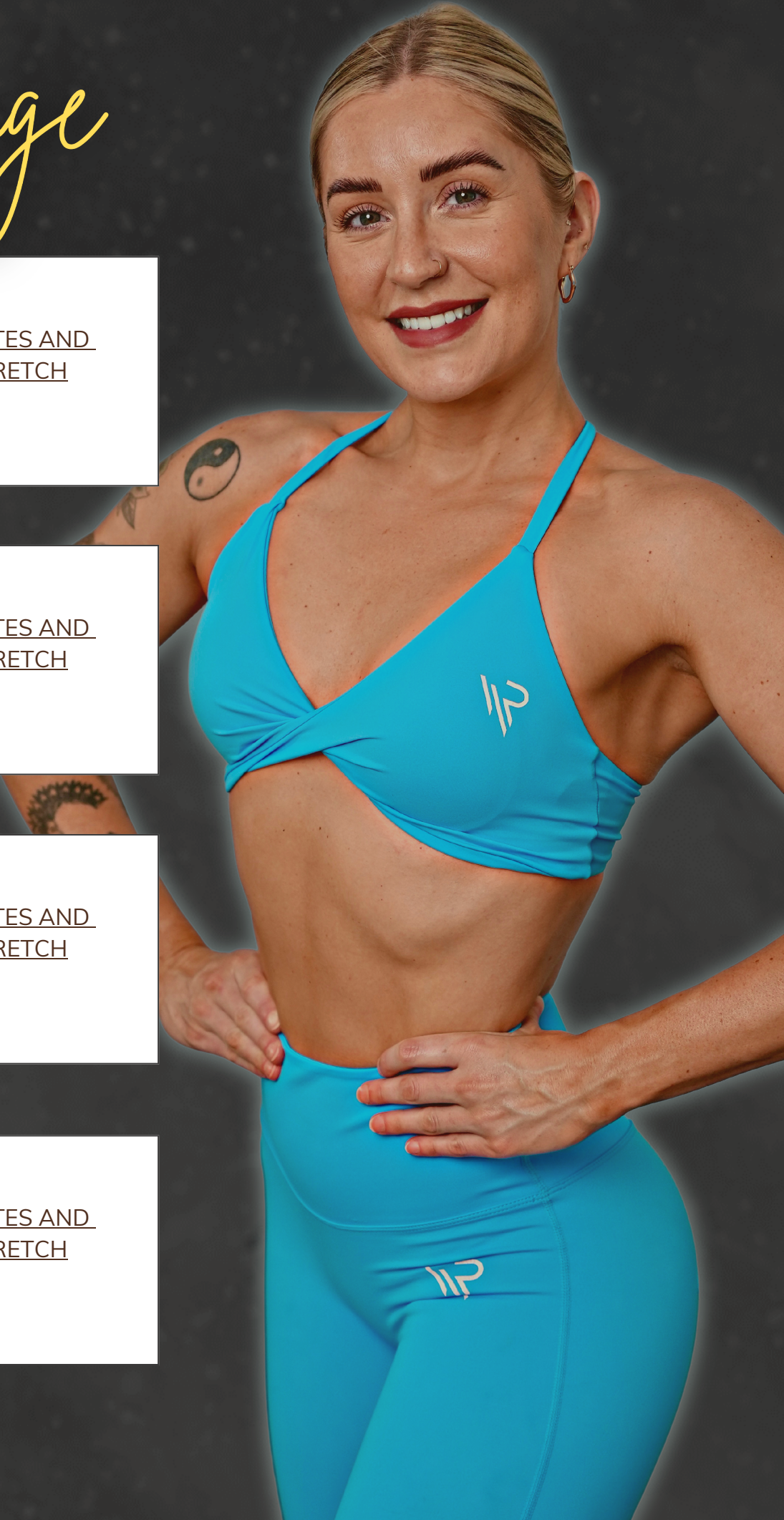
8. <u>UPPER BODY DUMBBELL COMBOS</u>	9. <u>LOWER BODY KETTLEBELL SUPERSETS</u>	10. <u>POWER PILATES DUMBBELLS</u>	11. <u>UPPER BODY KETTLEBELL SUPERSETS</u>	12. <u>LOWER BODY KETTLEBELLS</u>	13. <u>FULL BODY METCON KETTLEBELLS</u>	14. <u>PILATES AND STRETCH</u>
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WEEK 3

15. <u>CHEST TRICEPS & SHOULDERS KETTLEBELLS</u>	16. <u>GLUTES HAMSTRINGS CALVES KETTLEBELL COMBOS</u>	17. <u>POWER PILATES DUMBBELLS</u>	18. <u>BACK BICEPS & ABS KETTLEBELL COMBOS</u>	19. <u>GLUTES & QUADS KETTLEBELL SUPERSETS</u>	20. <u>FULL BODY METCON DUMBBELLS</u>	21. <u>PILATES AND STRETCH</u>
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WEEK 4

22. <u>UPPER BODY DUMBBELL COMBOS</u>	23. <u>LOWER BODY KETTLEBELL SUPERSETS</u>	24. <u>POWER PILATES DUMBBELLS</u>	25. <u>UPPER BODY KETTLEBELL SUPERSETS</u>	26. <u>LOWER BODY KETTLEBELLS</u>	27. <u>FULL BODY METCON KETTLEBELLS</u>	28. <u>PILATES AND STRETCH</u>
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Share your workouts with me
@workoutwithroxanne #Fitin4challenge

