

28 DAY BETTER POSTURE CHALLENGE

MARCH

MON	TUE	WED	THU	FRI	SAT	SUN
FULL BODY #1 20 MINS	HIIT LOWER BODY 15 MINS	ARMS+ABS 15 MINS	BACK + BOOTY 15 MINS	BALLET INSPIRED POSTURE 15 MINS	CORE + POSTURE 20 MINS	REST
FULL BODY #2 25 MINS	HIIT TOTAL FASCIA 15 MINS	ARMS+ABS 20 MINS	BACK + BOOTY 20 MINS	BARRE TONED LEGS 20 MINS	POSTURE STRETCH + FASCIA 20 MINS	REST
FULL BODY #3 30 MINS	HIIT CORE BURN 20 MINS	TONED LEGS 30 MINS	SHOULDERS, ABS, BACK 30 MINS	KPOP MINIS 25 MINS	FULL BODY POSTURE 30 MINS	REST
FULL BODY #4 30 MINS	HIIT PLANK BURN 30 MINS	ARMS+ABS 30 MINS	BACK + LEGS 30 MINS	BARRE CARDIO 30 MINS	CORE + POSTURE 30 MINS	YOU'RE DONE!

@BODYVERAFITNESS