



28-day summer
SHAPE UP
challenge

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Cardio (30 min)	Strength (30 min)	Cardio (30 min)	Strength (30 min)	Cardio (30 min)	Strength (30 min)	Cardio (30 min)
WEEK 2	Cardio (30 min)	Strength (30 min)	Cardio (30 min)	Strength (30 min)	Cardio (30 min)	Strength (30 min)	Cardio (30 min)
WEEK 3	Cardio (30 min)	Strength (30 min)	Cardio (30 min)	Strength (30 min)	Cardio (30 min)	Strength (30 min)	Cardio (30 min)
WEEK 4	Cardio (30 min)	Strength (30 min)	Cardio (30 min)	Strength (30 min)	Cardio (30 min)	Strength (30 min)	Cardio (30 min)

30 Day Summer Shape Up

D Kirk



30 Day Summer Shape Up:

Ignite the flame of optimism with Crafted by is motivational masterpiece, **30 Day Summer Shape Up** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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