



20 DAY WORKOUT CHALLENGE

FT PAMELA REIF'S WORKOUT VIDEOS.

DAY 1

10 MINUTE
GOOD MORNING
WORKOUT -
STRETCH & TRAIN

DAY 2

10 MINUTE
ARM & CORE
WORKOUT -
SEXY ARMS

DAY 3

10 MINUTE
BOOTY
WORKOUT -
BOOTY BURN

DAY 4

20 MINUTE
FULL BODY
BEGINNER
WORKOUT

DAY 5

10 MINUTE
MUFFIN TOP
WORKOUT -
SIDE ABS &
OBLIQUES

DAY 6

ED SHEERAN
SONG
LEG WORKOUT
-
JUSTIN BIEBER
SONG
AB WORKOUT

DAY 7

20 MINUTE
2 IN 1
FLAT BELLY &
ROUND BOOTY
WORKOUT

DAY 8

10 MINUTE
SWEAT
WORKOUT -
CALORIE BURN

DAY 9

10 MINUTE
FULL BODY
WORKOUT

DAY 10

20 MINUTE
BOOTY
WORKOUT

DAY 11

10 MINUTE
COOL DOWN
SLOW WORKOUT -
SUITABLE
FOR NIGHTTIME

DAY 12

12 MINUTE
LEG WORKOUT
- BUTT, THIGHS
& CALVES.

DAY 13

10 MINUTE
SIXPACK
WORKOUT

DAY 14

7 MINUTE
PLANK
CHALLENGE

DAY 15

15 MINUTE
HIGH INTENSITY
FULL BODY
HIIT WORKOUT

DAY 16

10 MINUTE
INTENSE
AB WORKOUT

DAY 17

20 MINUTE
FULL BODY
WORKOUT

DAY 18

10 MINUTE
AB
WORKOUT

DAY 19

8 MINUTE
ABS & HIIT
WORKOUT

DAY 20

15 MINUTE
CHAIR WORKOUT -
EXTREME
FULL BODY
TRAINING