

**JEN WIDERSTROM**  
on

# Get Moving and Losing in 4 weeks!

Take your before photo!

I'll help you start losing weight and feeling great! Check off the workouts as you go! Rate your effort

01 <input type="checkbox"/> SWEAT 1 	02 <input type="checkbox"/> SCULPT 1 	03 <input type="checkbox"/> SWEAT 1 	04 <input type="checkbox"/> SCULPT 1 	05 <input type="checkbox"/> SWEAT 1 	06 <input type="checkbox"/> R&R 	07 <input type="checkbox"/> OFF DAY 
08 <input type="checkbox"/> SWEAT 2 	09 <input type="checkbox"/> SCULPT 2 	10 <input type="checkbox"/> SWEAT 2 	11 <input type="checkbox"/> SCULPT 2 	12 <input type="checkbox"/> SWEAT 2 	13 <input type="checkbox"/> R&R 	14 <input type="checkbox"/> OFF DAY 
15 <input type="checkbox"/> SWEAT 3 	16 <input type="checkbox"/> SCULPT 3 	17 <input type="checkbox"/> SWEAT 3 	18 <input type="checkbox"/> SCULPT 3 	19 <input type="checkbox"/> SWEAT 3 	20 <input type="checkbox"/> R&R 	21 <input type="checkbox"/> OFF DAY 
22 <input type="checkbox"/> SWEAT 4 	23 <input type="checkbox"/> SCULPT 4 	24 <input type="checkbox"/> SWEAT 4 	25 <input type="checkbox"/> SCULPT 4 	26 <input type="checkbox"/> SWEAT 4 	27 <input type="checkbox"/> R&R 	28 <input type="checkbox"/> OFF DAY 

Take your after photo!

- For additional toning add on my abs or lower body Fast Finishers any day you want.
  - Join the Teammates Facebook group to train and share your results with me as you go!
  - On your off days, explore the app, meal prep and check out the Facebook group!
- #WeAreOpenfit @MyOpenfit