

KELSEY HEENAN

on openfit.

Get Strong 4-Week Challenge

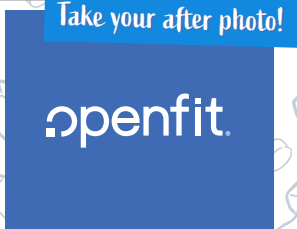
I believe that lifting weights is key to results. Select the weight that's right for you and every time you do this plan, challenge yourself a little more. Check off the workouts as you go and rate how strong you feel!

Take your before photo!

01 <input type="checkbox"/> STRONG 1 	02 <input type="checkbox"/> CARDIO SWEAT 	03 <input type="checkbox"/> SCULPT 1 	04 <input type="checkbox"/> SCULPTED ABS 	05 <input type="checkbox"/> LOWER STRENGTH 	06 <input type="checkbox"/> MOBILITY 	07 <input type="checkbox"/> REST DAY
08 <input type="checkbox"/> SCULPT 2 	09 <input type="checkbox"/> CARDIO SWEAT 	10 <input type="checkbox"/> STRONG 2 	11 <input type="checkbox"/> STRONG ABS 	12 <input type="checkbox"/> UPPER STRENGTH 	13 <input type="checkbox"/> MOBILITY 	14 <input type="checkbox"/> REST DAY
15 <input type="checkbox"/> STRONG 1 	16 <input type="checkbox"/> CARDIO SWEAT 	17 <input type="checkbox"/> SCULPT 1 	18 <input type="checkbox"/> SCULPTED ABS 	19 <input type="checkbox"/> LOWER STRENGTH 	20 <input type="checkbox"/> MOBILITY 	21 <input type="checkbox"/> REST DAY
22 <input type="checkbox"/> SCULPT 2 	23 <input type="checkbox"/> CARDIO SWEAT 	24 <input type="checkbox"/> STRONG 2 	25 <input type="checkbox"/> STRONG ABS 	26 <input type="checkbox"/> UPPER STRENGTH 	27 <input type="checkbox"/> MOBILITY 	28 <input type="checkbox"/> REST DAY

Take your after photo!

Join my Facebook group to train and share your results with me as you go!
On your off days, explore the app for walking, stretching, meditation, and more.
#WeAreOpenfit @MyOpenfit



Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program or nutrition plan, or using any supplement or meal replacement product, especially if you are pregnant, breastfeeding, have any medical condition, or are taking any medication. © 2021 Openfit, LLC. All rights reserved. Openfit, LLC is the owner of the Openfit trademark, and all related designs, trademarks, copyrights, and other intellectual property.