

# 4-WEEK BOOTCAMP BODY

Just give me 25 minutes a day and I guarantee you results!  
Check off the workouts as you go and rate how empowered you feel!!

Take your before photo!

01 <input type="checkbox"/> Total Body Bootcamp 	02 <input type="checkbox"/> HIIT Cardio 	03 <input type="checkbox"/> Abs & Core 	04 <input type="checkbox"/> Power Legs 	05 <input type="checkbox"/> 6-Pack Abs 	06 <input type="checkbox"/> Fat Burning Circuit 	07 <input type="checkbox"/> REST 
08 <input type="checkbox"/> Bootcamp Sweat 	09 <input type="checkbox"/> Energy Intervals 	10 <input type="checkbox"/> Core Conditioning 	11 <input type="checkbox"/> Lower Body Bootcamp 	12 <input type="checkbox"/> Abs & Core 	13 <input type="checkbox"/> HIIT Cardio 	14 <input type="checkbox"/> REST 
15 <input type="checkbox"/> Total Body Bootcamp 	16 <input type="checkbox"/> Fat Burning Circuit 	17 <input type="checkbox"/> 6-Pack Abs 	18 <input type="checkbox"/> Power Legs 	19 <input type="checkbox"/> Core Conditioning 	20 <input type="checkbox"/> Energy Intervals 	21 <input type="checkbox"/> REST 
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Take your after photo!

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