

28-DAY CHALLENGE

with
Kayla Itsines



WEEK 1

MONDAY

LEGS

TUESDAY

LISS

WEDNESDAY

ABS & ARMS

THURSDAY

LISS

FRIDAY

REST DAY

SATURDAY

FULL BODY

SUNDAY

LISS

WEEK 2

MONDAY

ABS & ARMS

TUESDAY

LISS

WEDNESDAY

FULL BODY

THURSDAY

REST

FRIDAY

LISS

SATURDAY

LEGS

SUNDAY

LISS

WEEK 3

MONDAY

LISS

TUESDAY

ABS & ARMS

WEDNESDAY

LISS

THURSDAY

LEGS

FRIDAY

LISS

SATURDAY

FULL BODY

SUNDAY

REST

WEEK 4

MONDAY

LEGS

TUESDAY

LISS

WEDNESDAY

FULL BODY

THURSDAY

LISS

FRIDAY

ABS & ARMS

SATURDAY

REST

SUNDAY

LISS

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