

28-DAY TRANSFORMATION CHALLENGE

DAY 1 ○ Full-body strength	DAY 2 ○ Stretch	DAY 3 ○ Full-body strength	DAY 4 ○ Walk	DAY 5 ○ Full-body strength	DAY 6 ○ Stretch	DAY 7 ○ Walk
DAY 8 ○ Full-body strength	DAY 9 ○ Stretch	DAY 10 ○ Full-body strength	DAY 11 ○ Walk	DAY 12 ○ Full-body strength	DAY 13 ○ Stretch	DAY 14 ○ Walk
DAY 15 ○ Full-body strength	DAY 16 ○ Stretch	DAY 17 ○ Full-body strength	DAY 18 ○ Walk	DAY 19 ○ Full-body strength	DAY 20 ○ Stretch	DAY 21 ○ Walk
DAY 22 ○ Full-body strength	DAY 23 ○ Stretch	DAY 24 ○ Full-body strength	DAY 25 ○ Walk	DAY 26 ○ Full-body strength	DAY 27 ○ Stretch	DAY 28 ○ Walk