



# CORE Foundation Challenge

*It takes 6 weeks to see noticeable results in your muscle tone & strength  
Stay Diligent, trust the process & you will see RESULTS*

CHECK A BOX EVERYDAY YOU DO YOUR CORE FOUNDATION WORKOUT

Week 1						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Initial Measurements & FIT TEST	CORE Foundation Workout 1	CARDIO & PUSH WORKOUT	REST	CORE Foundation Workout 1	CARDIO & PUSH WORKOUT	REST & Prep Day
Week 2						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CORE Foundation Workout 2	CARDIO & PUSH WORKOUT	CORE Foundation Workout 2	REST	CORE Foundation Workout 2	CARDIO & PUSH WORKOUT	REST & Prep Day
Week 3						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CORE Foundation Workout 3	CARDIO & PUSH WORKOUT	CORE Foundation Workout 3	REST	CORE Foundation Workout 3	CARDIO & PUSH WORKOUT	REST & Prep Day

Week 4						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>FIT TEST</b>	CORE Foundation Workout 4	CARDIO & PUSH WORKOUT	REST	CORE Foundation Workout 4	CARDIO & PUSH WORKOUT	REST & Prep Day
Week 5						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CORE Foundation Workout 5	CARDIO & PUSH WORKOUT	CORE Foundation Workout 5	REST	CORE Foundation Workout 5	CARDIO & PUSH WORKOUT	REST & Prep Day
Week 6						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CORE Foundation Workout 6	CARDIO & PUSH WORKOUT	CORE Foundation Workout 6	REST	CORE Foundation Workout 6	<b>FINAL FIT TEST &amp; Measurement</b>	REST & Celebrate!