

GILAD'S 21-DAY FIT FOR HALLOWEEN CHALLENGE

WEEK 1

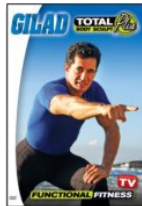
DAY 1
Peak Performance
(45 min)
Total Body Sculpt Plus
Workout No 1



DAY 2
Burn It Off!
(34 min)
Xcelerate 4



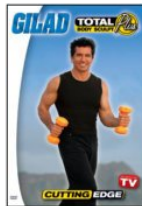
DAY 3
Functional Fitness
(45 min)
Total Body Sculpt Plus
Workout No 1



DAY 4
Strength in Motion
(34 min)
Xcelerate 4



DAY 5
Cutting Edge
(45 min)
Total Body Sculpt Plus
Workout No 1



DAY 6
Burn It Off!
(34 min)
Xcelerate 4



DAY 7
Rest, or other
fitness activities
such as games,
walks, hikes etc.

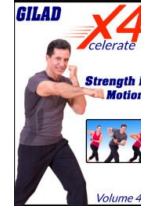


WEEK 2

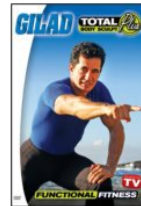
DAY 8
Peak Performance
(45 min)
Total Body Sculpt Plus
Workout No 1



DAY 9
Strength in Motion
(34 min)
Xcelerate 4



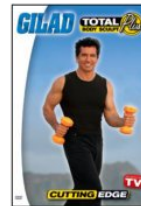
DAY 10
Functional Fitness
(45 min)
Total Body Sculpt Plus
Workout No 1



DAY 11
Burn it Off!
(34 min)
Xcelerate 4



DAY 12
Cutting Edge
(45 min)
Total Body Sculpt Plus
Workout No 1



DAY 13
Strength in Motion
(34 min)
Xcelerate 4

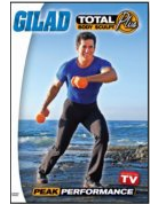


DAY 14
Rest, or other
fitness activities
such as games,
walks, hikes etc.

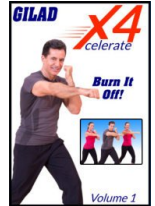


WEEK 3

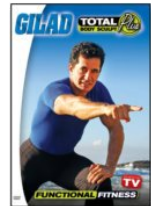
DAY 15
Peak Performance
(45 min)
Total Body Sculpt Plus
Workout No 1



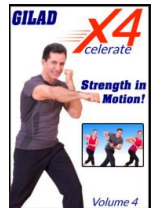
DAY 16
Burn It Off!
(34 min)
Xcelerate 4



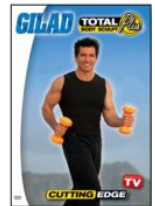
DAY 17
Functional Fitness
(45 min)
Total Body Sculpt Plus
Workout No 1



DAY 18
Strength in Motion
(34 min)
Xcelerate 4



DAY 19
Cutting Edge
(45 min)
Total Body Sculpt Plus
Workout No 1



DAY 20
Burn It Off!
(34 min)
Xcelerate 4

And
Strength in Motion
(34 min)
Xcelerate 4



DAY 21
Congratulations challenge completed!
Day of sharing! Post to our FB
group and let us know how you did!