

HIGHLIGHTS 7-DAY CHALLENGE

<p>day 1</p>	<p>5 push ups with Nate 10 lunges 15 crunches (pictured) 3 sets each/ 30 secs rest in between</p>		<ul style="list-style-type: none"> • Eat three healthy home-made meals • Drink 8 glasses of water
<p>day 2</p>	<p>10 push ups 15 squats with Nate 20 cross crunches (pictured) 3 sets each/ 30 secs rest in between</p>		<ul style="list-style-type: none"> • Eat three healthy home-made meals • Drink 8 glasses of water
<p>day 3</p>	<p>10 shoulder taps (pictured) 15 lunges 20 crunches 3 sets each / 30 secs rest in between Plus, 5 single-leg hip hinges on each leg with Nate.</p>		<ul style="list-style-type: none"> • Eat three healthy home-made meals. • Try these chicken kebabs. • Drink 8 glasses of water
<p>day 4</p>	<p>15 shoulder taps 20 squats 25 sitting twist 3 sets each / 60 secs rest in between Try Nate's kettlebell exercises</p>		<ul style="list-style-type: none"> • Eat three healthy home-made meals • Drink 8 glasses of water
<p>day 5</p>	<p>15 push ups (pictured) 20 lunges 25 crunches 3 sets each/ 60 secs rest in between Alternatively, follow the Abs & Core workout #1 with Fran</p>		<ul style="list-style-type: none"> • Eat three healthy home-made meals • Drink 8 glasses of water
<p>day 6</p>	<p>20 shoulder taps 25 squats 30 scissor crunches (pictured) 3 sets each/ 60 secs rest in between Alternatively, try the Abs & Core workout #2 with Fran</p>		<ul style="list-style-type: none"> • Eat three healthy home-made meals • Try this pork belly salad. • Drink 8 glasses of water
<p>day 7</p>	<p>20 push ups 25 lunges (pictured) 30 crunches 3 sets each / 60 secs rest in between For variety, add the Abs & Core workout #3 with Fran</p>		<ul style="list-style-type: none"> • Eat three healthy home-made meals • Drink 8 glasses of water