



My Dream Shape  
My Fit Station

# August 2014 Fitness Challenge



#FIERCEINAUGUST  
@mydreamshape  
@myfitstation

MY DREAM SHAPE & MY FIT STATION

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



## Ready to be Fierce in August?

Visit our blogs for Diet Tips & Instructions:  
[www.mydreamshape.com](http://www.mydreamshape.com) - [www.myfitstation.com](http://www.myfitstation.com)



1.  
REST DAY

2.  
DECK OF  
CARDS  
CHALLENGE

3.  
LEGS &  
BOOTY  
BIKINI PREP

4.  
ISOMETRIC  
BURN  
WORKOUT

5.  
ACTIVE  
REST DAY

6. PERFECT  
ARMS  
BIKINI PREP  
WORKOUT

7.  
MEDICINE  
BALL HIIT  
WORKOUT

8.  
REST DAY

9.  
GLUTILICIOUS  
CIRCUIT

10.  
UPPER BODY  
MELT-DOWN  
WORKOUT

11.  
QUICKIE  
TOTAL BODY  
HIIT

12.  
ACTIVE  
REST DAY

13.  
UPPER BODY  
GODESS  
WORKOUT

14. BADASS  
BABE FAT  
BURNING  
CARDIO HIIT

15.  
REST DAY

16.  
BIKINI  
CONTEST LEGS  
WORKOUT

17.  
BICEP &  
TRICEPS ARM  
SUPERSET

18. BACK &  
ABS MUSCLE  
POPPIN'  
DROP SET

19.  
ACTIVE  
REST DAY

20. RIPPED  
LEGS &  
ABS  
WORKOUT

21.  
INCLINED  
TREADMILL  
HIIT

22.  
REST DAY

23. BODY-  
WEIGHT UPPER  
BODY  
WORKOUT

24.  
ABS & THIGHS  
BURNOUT

25.  
FIERCE &  
STRONG  
CIRCUIT

26.  
ACTIVE  
REST DAY

27.  
PUSHUP  
ATTACK HIIT  
WORKOUT

28.  
FAB  
FROM HEAD TO  
TOES WORKOUT

29.  
REST DAY

30. BOOTY PUMP  
CIRCUIT / 31. BIKINI  
CONTEST  
SHOULDER  
BACK AND ABS