



My Dream Shape
My Fit Station

September 2014 Fitness Challenge



#FIT4FALL
@mydreamshape
@myfitstation

MY DREAM SHAPE & MY FIT STATION

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1. Megan Fox Workout	2. <i>Active Rest Day</i>	3. Ultimate Butt Building	4. Back Fat Blaster	5. <i>Rest Day</i>	6. Sexy As Hell (Core)
7. Gluticious Butt Workout	8. Upperbody Godess Workout	9. <i>Active Rest Day</i>	10. Squat Combo Challenge	11. Unstoppable Upper Body & Core HIIT	12. <i>Rest Day</i>	13. Nike Total Body Workout
14. Inclined Treadmill Cardio HIIT	15. Isometric BURN Circuit	16. <i>Active Rest Day</i>	17. Good Morning Fat Blasting HIIT	18. Real Booty Pop Workout	19. <i>Rest Day</i>	20. Biceps & Triceps Arm Superset
21. Mega Superset : Abs & Tighs	22. Upper Body Melt-Down	23. <i>Active Rest Day</i>	24. Curebuster Hiit	25. BootyFULL Workout Circuit	26. <i>Rest Day</i>	27. Pushup Attack !!
28. Tabata Lunge Shredder	29. Bikini Prep : Shoulders, Back & Abs	30. <i>Active Rest Day</i>	 Keepin' it Fit 4 Fall! Visit our blogs for Nutritional Tips & Guidelines www.myfitstation.com / www.mydreamshape.com			