

# October 2014 Fitness Challenge

MY DREAM SHAPE & MY FIT STATION



#FITOBER  
@mydreamshape  
@myfitstation

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Visit our Blogs for Nutritional Tips  
and Workout Guidelines

[www.myfitstation.com](http://www.myfitstation.com) / [www.mydreamshape.com](http://www.mydreamshape.com)

5  
Treadmill HIIT  
Workout

6  
Medicinal Ball HIIT  
Workout

7  
ACTIVE  
REST DAY

8  
The Real Booty POP  
Workout

9  
Bicep & Triceps -  
Upper Body Superset

10  
REST DAY

11  
360 Lower Body  
Workout

12  
Bodyweight Upper-  
body Workout

13  
Plankathon HIIT Abs &  
Core Workout

14  
ACTIVE  
REST DAY

15  
All Eyes on ME Total  
Body HIIT

16  
Fat Burning Cardio  
HIIT Workout

17  
REST DAY

18  
Total Body  
Resistance Band  
Workout

19  
Deck of Cards  
Workout Challenge

20  
Bikini Contest Prep Leg  
Workout

21  
ACTIVE  
REST DAY

22  
Back & Abs  
Muscle Poppin'  
Drop Set Workout

23  
Red Carpet  
Workout

24  
REST DAY

25  
Ultimate Butt  
Building Workout

26  
Fantastic 5:  
Total Body  
Quickie Workout

27  
Mega Superset: Abs  
& Thighs Workout

28  
ACTIVE  
REST DAY

29  
DIY Cardio & Core  
Fat Burner

30  
Wicked Stretch &  
Tone: Halloween  
Workout

31  
REST DAY

