

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 / 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

