



August 4 x 4 Challenge

4 WORKOUTS PER WEEK FOR 4 WEEKS

01.08.22 WEEK 1:
LETS DO THIS

SESSION 1

SESSION 2

SESSION 3

SESSION 4

08.08.22 WEEK 2:
STAY CONSISTENT

SESSION 1

SESSION 2

SESSION 3

SESSION 4

15.08.22 WEEK 3:
WOKR HARD

SESSION 1

SESSION 2

SESSION 3

SESSION 4

22.08.22 WEEK 4:
ALMOST THERE

SESSION 1

SESSION 2

SESSION 3

SESSION 4