12 DAY TONE UP CHALLENGE

grit

- [ ] Day 1 - **powerbelle**, 45 min
- [ ] Day 2 - **Humpday**, 30 min
- [ ] Day 3 - **Level Up**, 30 min
- [ ] Day 4 - **powerbelle**, 45 min
- [ ] Day 5 - **Complete Core**, 30 min
- [ ] Day 6 - **Flexin Flow**, 45 min
- [ ] Day 7 - **Mat Pilates** 30 + **10 min arms**
- [ ] Day 8 - **Humpday**, 30 min
- [ ] Day 9 - **Level Up**, 30 min
- [ ] Day 10 - **powerbelle**, 45 min
- [ ] Day 11 - **Complete Core**, 30 min
- [ ] Day 12 - **10 min abs** + **10 min booty**

Total body toning and sculpting workout plan!