

# 4 WEEK SUMMER SNATCHED CHALLENGE - TONE UP

NO EQUIPMENT AT HOME WORKOUTS 20-30 MINS PER DAY

DAY 1



ABS  
+  
HIIT

DAY 2



UPPER  
BODY  
+  
ABS

DAY 3



HIIT  
LEGS  
+  
BOOTY

DAY 4



AB  
BLASTER

DAY 5

REST DAY

@STUDIO.JIBBY

DAY 6



UPPER  
BODY  
+  
HIIT

DAY 7



HIIT  
BOOTY  
+  
ABS

# 4 WEEK SUMMER SNATCHED CHALLENGE - TONE UP

NO EQUIPMENT AT HOME WORKOUTS 20-30 MINS PER DAY

DAY 8



ABS  
+  
HIIT

DAY 9



UPPER  
BODY  
+  
ABS

DAY 10



HIIT  
LEGS  
+  
BOOTY

DAY 11



AB  
BLASTER

DAY 12

REST DAY

@STUDIO.JIBBY

DAY 13



UPPER  
BODY  
+  
HIIT

DAY 14



HIIT  
BOOTY  
+  
ABS