

8 STEPS TO FABULOUSNESS

This workout is designed to get more intense each step you take.

Start off at step 1, complete the exercise and then move on to step two and repeat step 1 and continue all the way to step 8 always repeating each step below back to one before moving on to the next exercise.

For example if you are at Step 5 then you will do Step 5, 4, 3, 2,1 then move on to Step 6 and repeat all of the 5 others too! This workout is sure to get you sweating up a storm and will keep your heart pounding for a fast, fun and fab workout!

To start please place all 8 printouts of the 8 steps on the wall and have them flipped over so you don't know what is coming at you next. As you move on from each step flipping the next one over to reveal the fun times ahead!

What you need: weights and yoga mat

WORKOUT:

5 Minute Warm up

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

Step 6:

Step 7:

Step 8:

Ab work 4-5 minutes

Cool Down – 5 minutes

1

2

3

4

5

6

7

8