

- July 2013 **Fitness** CHALLENGE - **BIKINI POW!**  
 4-week total body makeover #bikinipow

Day #1	Day #2	Day #3	Day #4	Day #5	Day #6	Day #7
<b>WEEK 1</b> Feel the Burn & Do It Anyway!	<b>Bikini Top</b>	Dream Shape Abs + Bikini Model Butt	Tabata HIIT Bring It Hard	Rest Or Stretch	Tushy Toning & Mega Calorie Blasting	Good Morning Fat Blaster Hiit
<b>WEEK 2</b> Cellulite Eraser	Best Eleptical Hiit	<b>Sexy Back</b>	<b>Skinny Jeans</b>	Rest Or Stretch	Body Sculpting Hiit	Bikini Abs Hiit
<b>WEEK 3</b> No More Armpit Fat	Tabata Lunge Shredder	Backless Dress	Spartacus	Rest Or Stretch	<b>Kiss My Booty</b>	Mythical Sculpted Arms
<b>WEEK 4</b> Victoria Secret Model Legs	Plankathon	Lose The Last 10 Pounds	Strapless Godess	Rest Or Stretch	Fitness Crazyness Hiit	Train Mean Get Lean

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