



MY FIT STATION
MY DREAM SHAPE

MARCH 2014 SHAPE UP FITNESS CHALLENGE

My Dream Shape & My Fit Station



@myfitstation
@mydreamshape
#fit4spring

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Follow this challenge with your e-trainers Myriam & Isabella on www.mydreamshape.com and www.myfitstation.com and get all the instructions, sexy fit tips & extra free goodies !!!
The ebook version is also available.

1. Back & Abs
Muscle
Poppin'

2. Burn
Booty
Burn

3. Strong
Is Sexy
Arm
Superset

4. Be My
Valentine's
Workout

5. Ripped
Legs &
Abs

6. Upper
Body
Blasting
Hiit

7. Rest Day

8. Nike
Inspired
Workout

9. Badass
Warrior
Hiit

10. Red
Carpet
Workout

11. Ultimate
Butt
Building
Hiit

12. Wicked
Stretch &
Tone

13. Pushup
Attack
Hiit

14. Rest Day

15. Sexy
Beast
Circuit

16. Badass
Babe
Cardio

17. Good
Morning
Fat Blasting
Hiit

18. Upper
Body Melt
Down

19. Victoria's
Secret
Model Legs

20. Plankathon
Hiit

21. Rest Day

22. Train
Mean Get
Lean

23. Booty
Pow

24. Megan Fox
Workout

25. Corebuster
Hiit Ab
Workout

26. Hard Buns
Workout

27. Sexy As
Hell Core
Workout

28. Rest Day

29. Pump, Burn
& Sculpt

30. V Day's
Tabata

31. Sexy
Back