



## **7 Day Fat Loss Challenge**

### **“Fat Blaster” Workout Links**

You can work out every day if you like, but set your target for a minimum of 4 workouts so you understand how they work!

Follow along these short segments and repeat the clip for as many rounds as you can handle. Take 1 minute of rest between each round.

Attempt a minimum of 4 times through up to as many as 6-8 if your conditioning level allows!

Don't overdo it and STOP if you feel dizzy or lightheaded.

NEVER attempt to work out if your doctor has NOT cleared you for exercise!

Set timer for 30 seconds on and then 30 seconds off

Watch this first and set up your own interval timer!

[https://youtu.be/2p6n\\_uTqTY0](https://youtu.be/2p6n_uTqTY0)

Body Weight Workouts

<https://vimeo.com/300815627>

<https://vimeo.com/300814429>

<https://vimeo.com/300813040>

Dumbbell Workouts

<https://vimeo.com/300823297>

<https://vimeo.com/300818384>

<https://vimeo.com/300816909>