

30-Day 21-Minute SPRINT Interval Challenge

from Teresa Marie Wellness & Eat. Drink & be Skinny!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Day 30 Challenger's Choice (Steady State, Recovery or Yoga)	Starting Measurements bust ___ waist ___ abs ___ hips ___ Weight: ___	Final Measurements bust ___ waist ___ abs ___ hips ___ Weight: ___	Interval Workouts 5-10 min warm up Dynamic Stretching 21-Min Sprints 5-10 min Cool Down Static Stretching	Your Goal:	Your Reward:	Day 1 Sprint Intervals: Sprint TEST: 21-MIN HARD
Day 2 Challenger's Choice (Steady State, Recovery or Yoga)	Day 3 Challenger's Choice (Steady State and/or Weights)	Day 4 Sprint Intervals: 1 min hard 6 min easy x3	Day 5 Challenger's Choice (Steady State and/or Weights)	Day 6 Sprint Intervals: 2 min hard 5 min easy x3	Day 7 Challenger's Choice (Recovery)	Day 8 Sprint Intervals: 2 min hard 5 min easy x3
Day 9 Challenger's Choice (Steady State, Recovery or Yoga)	Day 10 Challenger's Choice (Steady State and/or Weights)	Day 11 Sprint Intervals: 3 min hard 4 min easy x3	Day 12 Challenger's Choice (Steady State and/or Weights)	Day 13 Sprint Intervals: 3 min hard 4 min easy x3	Day 14 Challenger's Choice (Recovery)	Day 15 Sprint Intervals: 4 min hard 3 min easy x3
Day 16 Challenger's Choice (Steady State, Recovery or Yoga)	Day 17 Challenger's Choice (Steady State and/or Weights)	Day 18 Sprint Intervals: 4 min hard 3 min easy x3	Day 19 Challenger's Choice (Steady State and/or Weights)	Day 20 Sprint Intervals: 5 min hard 2 min easy x3	Day 21 Challenger's Choice (Recovery)	Day 22 Sprint Intervals: 5 min hard 2 min easy x3
Day 23 Challenger's Choice (Steady State, Recovery or Yoga)	Day 24 Challenger's Choice (Steady State and/or Weights)	Day 25 Sprint Intervals: 6 min hard 1 min easy x3	Day 26 Challenger's Choice (Steady State and/or Weights)	Day 27 Sprint Intervals: 6 min hard 1 min easy x3	Day 28 Challenger's Choice (Recovery)	Day 29 Sprint RE-TEST:

Don't forget to take measurements and pictures on Day 1 and Day 30!

Visit <http://www.facebook.com/teresamariwellness> & www.eatdrinkandbeskinny.com for details instructions!