



FAT LOSS KICK START PROGRAM

This is a beginner friendly workout program to kick start your fat loss! It takes the lessons our coaching team has learned from working with over 1 million clients, and condenses them into a single one-month follow along program.

This program is designed to meet you where you are at right now, and deliver results that will help you build positive momentum to your fitness! Whatever you do after this program, we want it to be more effective because of what you learned and did here!



WEEK 1

- Day 01 - Lower Body Workout
- Day 02 - Upper Body Workout
- Day 03 - Rest Day
- Day 04 - Full Body Workout
- Day 05 - Core + HIIT Workout
- Day 06 - Rest Day
- Day 07 - Rest Day

WEEK 2

- Day 08 - Lower Body Workout
- Day 09 - Upper Body Workout
- Day 10 - Rest Day
- Day 11 - Full Body Workout
- Day 12 - Core + HIIT Workout
- Day 13 - Rest Day
- Day 14 - Rest Day

WEEK 3

- Day 15 - Lower Body Workout
- Day 16 - Upper Body Workout
- Day 17 - Rest Day
- Day 18 - Full Body Workout
- Day 19 - Core + HIIT Workout
- Day 20 - Rest Day
- Day 21 - Rest Day

WEEK 4

- Day 22 - Lower Body Workout
- Day 23 - Upper Body Workout
- Day 24 - Rest Day
- Day 25 - Full Body Workout
- Day 26 - Core + HIIT Workout
- Day 27 - Rest Day
- Day 28 - Rest Day