

Kimora Chanel

30 Day Workout Calendar

1 Abs

- Sit-ups
- Roll ups
- Starfish abs

2 Arms

- Curl-ups
- Curl + Press
- Dumbbell punches

3 Booty

- Squats
- Jump squats
- Bridges

4 Legs

- Pile squat toe rise
- Single leg toe rise
- Side leg lift

5 Back and Chest

- Half-cobra push-ups
- Parachute crunch
- Back crusher

6 Stretch

- Feel Good Stretches with Blogilates

7 Cardio

See instruction sheet for workout routine

8 Abs

- Toe touches
- Crunches
- Lower ab crunches

9 Arms

- Arm circles
- Arm pulses
- Sitting tricep dips

10 Booty

- Side lunges
- Donkey Kicks
- Leg lift

11 Legs

- Inner thigh leg lift
- Lunges
- Wall sit w/ curl

12 Back and Chest

- Lying chest press
- Overhead press w/ squat
- Chest fly

13 Yoga

- Fun Yoga Routine For Flexibility with Blogilates

14 Cardio

See instruction sheet for workout routine

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25 Legs

- Inner thigh leg lift
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27 Yoga

- Fun Yoga Routine For Flexibility with Blogilates

28

Rest Day!

29 Stretch

- Feel Good Stretches with Blogilates

30 Cardio

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30 Day Workout Calendar Instructions

For All Workouts:

read below to know how to complete each workout

For Abs, Arms, Booty, Legs, Back and Chest:

Do 5 sets of 20 reps for each exercise listed.

For Cardio Workout:

Squats

Plank shoulder taps

Alternating lunges

Roll-ups

Squat lunges right

Arm raised side dippers right

Squat lunges left

Arm raised side dippers left

Plank

Do each exercise for 1 minute, try not to pause for that time. After a minute take a 15 second rest, then perform the next move. Once each move has been performed repeat the routine 2-3 more times.

For Yoga and Stretching:

Simply click the link in this PDF to access the videos:

Feel Good Stretches with
Blogilates

Fun Yoga Routine For Flexibility
with Blogilates