

# THE 4-WEEK RESISTANCE BAND CHALLENGE

Each day, do the workout listed below. Every time you repeat a workout over the course of the month, you'll change the number of reps or sets you do.

<b>DAY 1</b> Abs and Arms	<b>DAY 2</b> Glutes	<b>DAY 3</b> Active Recovery (25 min)	<b>DAY 4</b> Back and Chest	<b>DAY 5</b> Legs	<b>DAY 6</b> Cardio (25 min)	<b>DAY 7</b> Rest
<b>DAY 8</b> Abs and Arms	<b>DAY 9</b> Glutes	<b>DAY 10</b> Active Recovery (30 min)	<b>DAY 11</b> Back and Chest	<b>DAY 12</b> Legs	<b>DAY 13</b> Cardio (30 min)	<b>DAY 14</b> Rest
<b>DAY 15</b> Abs and Arms	<b>DAY 16</b> Glutes	<b>DAY 17</b> Active Recovery (35 min)	<b>DAY 18</b> Back and Chest	<b>DAY 19</b> Legs	<b>DAY 20</b> Cardio (35 min)	<b>DAY 21</b> Rest
<b>DAY 22</b> Abs and Arms	<b>DAY 23</b> Glutes	<b>DAY 24</b> Active Recovery (40 min)	<b>DAY 25</b> Back and Chest	<b>DAY 26</b> Legs	<b>DAY 27</b> Cardio (40 min)	<b>DAY 28</b> Rest 