

Nicole Murphy Fitness
28 Day
Sexy Body Challenge

WEEK 1

Day 1 **BOOTY BLAST – 3 SETS / 8 REPS** **COMPLETED**

Lateral side to side tap		
Squats		
Glute bridge		
Side kicks		
Cardio – jog or walk on an incline	30mins	

Day 2 **AB BLAST – 3 SETS / 10 second reps** **COMPLETED**

Prone plank		
Side plank		
Chair hold		
Cardio – jog or walk on an incline	30mins	

Day 3 **REST DAY OR YOGA**

Day 4 **LEG BLAST – 3 SETS / 8 REPS** **COMPLETED**

Squats		
Ham Curls		
Glute Bridges		
Cardio – jog or walk on an incline	30mins	

Day 5 **FULL BODY – 3 SETS / 8 REPS** **COMPLETED**

Single Arm Row		
Squat shoulder press		
Bicycle		
Push up		
Cardio – jog or walk on an incline	30mins	

Day 6 **CARDIO** **COMPLETED**

Get creative, take it outdoors, do at least 30mins	
--	--

Day 7 **REST DAY OR YOGA**