

Healthy for the Holidays: 2019 Challenge

Total Body	Intervals	A.B.S.	Cardio Strength	Stretch & Relax	Wild Card	Rest Day
30-Minute Total Focus (from “Walk Strong: Boost Metabolism & Muscle” or Total Body Standing Strength (from YouTube))	30-Minute Cardio Interval Sculpt (from “Walk Strong 3”) or Travel-Friendly Cardio + Strength Circuit Workout (from YouTube)	15-Minute Add On Abs (from “Walk Strong 3”) or Abs & Core (from YouTube)	30-Minute Strength Interval Walk (from “Walk On: 30 Day Plan”) or Stepping Strength (from YouTube)	30-Minute Flexibility & Relaxation (from “Gentle Yoga Stretch”) or Yoga Stretch (from YouTube)	<i>Try something new!</i>	<i>Enjoy the day off, but aim to stay active</i>
28-Minute Total Abs Transformer (from “Cardio Abs”) or Cardio Sculpting (from YouTube)	30-Minute Interval Mix (from “Walk Strong: 6 Week System”) or Interval Cardio + Core (from YouTube)	20-Minute Core Stretch (from “Total Body Balance”) or Core Stretch (from YouTube)	30-Minute Metabolic Conditioning (from “Walk Strong 3”) or MetCon 5 (from YouTube)	20-Minute Chair Stretch (from “Walk On: 30 Day Plan”) or Chair Yoga (from YouTube)		
20-Minute Sole Sculpt (from “Total Body Balance”) or Total Body Barre (from YouTube)	30-Minute Low Impact HIIT (from “Walk On: 21 Day Weight Loss Plan”) or Interval Cardio Bodyweight Strength Training (from YouTube)	30-Minute 360 Abs (from “Walk Strong: 6 Week System”) or 8-Minute Total Body Belly Fat Burn (from YouTube)	30-Minute Tred and Shred (from “Walk On: 21 Day Weight Loss Plan”) or 15-Minute Standing Cardio Strength (from YouTube)	15-Minute Total Stretch (from “Total Stretch”) or Stretch Out Stress (from YouTube)		
30-Minute Total Body (from “Walk Strong 3”) or Total Body Strength (from YouTube)	15-Minute Cardio Interval Abs (from “Walk On: 6 Mile Mix”) or Quick Cardio Blast (from YouTube)	30-Minute Barefoot Cardio Core (from “Walk Strong 3”) or 20-Minute Belly, Buns & Thighs Yoga	15-Minute Total Body Training (from “Walk Strong 3”) or Cardio and Strength Circuit (from YouTube)	30-Minute Stride, Stretch & Relax (from “Walk On: 21 Day Weight Loss Plan”) or 18-Minute Full-Body Stretching		

Wishing you a very happy, healthy holiday season FROM ALL OF US AT JESSICASMITHTV!