






























KELSEY HEENAN

Get Strong 4-Week Challenge

I believe that lifting weights is key to results. Select the weight that's right for you and every time you do this plan, challenge yourself a little more. Check off the workouts as you go and rate how strong you feel! 

Take your before photo!

01 <input type="checkbox"/> STRONG 1 	02 <input type="checkbox"/> CARDIO SWEAT 	03 <input type="checkbox"/> SCULPT 1 	04 <input type="checkbox"/> SCULPTED ABS 	05 <input type="checkbox"/> LOWER STRENGTH 	06 <input type="checkbox"/> MOBILITY 	07 <input type="checkbox"/> REST DAY 
08 <input type="checkbox"/> SCULPT 2 	09 <input type="checkbox"/> CARDIO SWEAT 	10 <input type="checkbox"/> STRONG 2 	11 <input type="checkbox"/> STRONG ABS 	12 <input type="checkbox"/> UPPER STRENGTH 	13 <input type="checkbox"/> MOBILITY 	14 <input type="checkbox"/> REST DAY 
15 <input type="checkbox"/> STRONG 1 	16 <input type="checkbox"/> CARDIO SWEAT 	17 <input type="checkbox"/> SCULPT 1 	18 <input type="checkbox"/> SCULPTED ABS 	19 <input type="checkbox"/> LOWER STRENGTH 	20 <input type="checkbox"/> MOBILITY 	21 <input type="checkbox"/> REST DAY 
22 <input type="checkbox"/> SCULPT 2 	23 <input type="checkbox"/> CARDIO SWEAT 	24 <input type="checkbox"/> STRONG 2 	25 <input type="checkbox"/> STRONG ABS 	26 <input type="checkbox"/> UPPER STRENGTH 	27 <input type="checkbox"/> MOBILITY 	28 <input type="checkbox"/> REST DAY 

Take your after photo!

On your REST DAYS, explore the app for cardio, stretching, yoga, meditation and more.



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Consult your physician and follow all safety instructions before beginning any exercise program or nutrition plan, especially if you are pregnant, breastfeeding, have any medical condition, or are taking any medication.
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