

**28
DAY**

CROSS-TRAINING CHALLENGE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TOTAL BODY STRENGTH	NEW CARDIO ACTIVITY	LOWER BODY STRENGTH	UPPER BODY STRENGTH	CORE STRENGTH	HIIT	YOGA/ MOBILITY
1	Total-Body Outdoor Workout	12-3-30 Workout	Glute Band Workout	Bodyweight Arm Workout	Beginner Ab Workout	Beginner HIIT Workout	Bedtime Stretches
2	Posterior Chain Workout	Pickleball	Hip Workout	Dumbbell Push Workout	Ab Workout	Calisthenics Workout	Postride Yoga Flow
3	Glider Workout	Rowing Machine Workouts	Knee Strength Exercises	Dumbbell Pull Workout	At-Home Ab Exercises	Plyometric Workout	Mobility Exercises
4	Full-Body Circuit Workout With Dumbbells	Treadmill Workouts for Beginners (from RW)	Leg Day Workout	Upper Body Kettlebell Workout	Tabata Abs Workout	Total-Body Medicine Ball Workout	Yoga-Inspired Mobility Workout