

GET FIT IN 7 MINS



**28
DAY
CHALLENGE
BY LUCY**

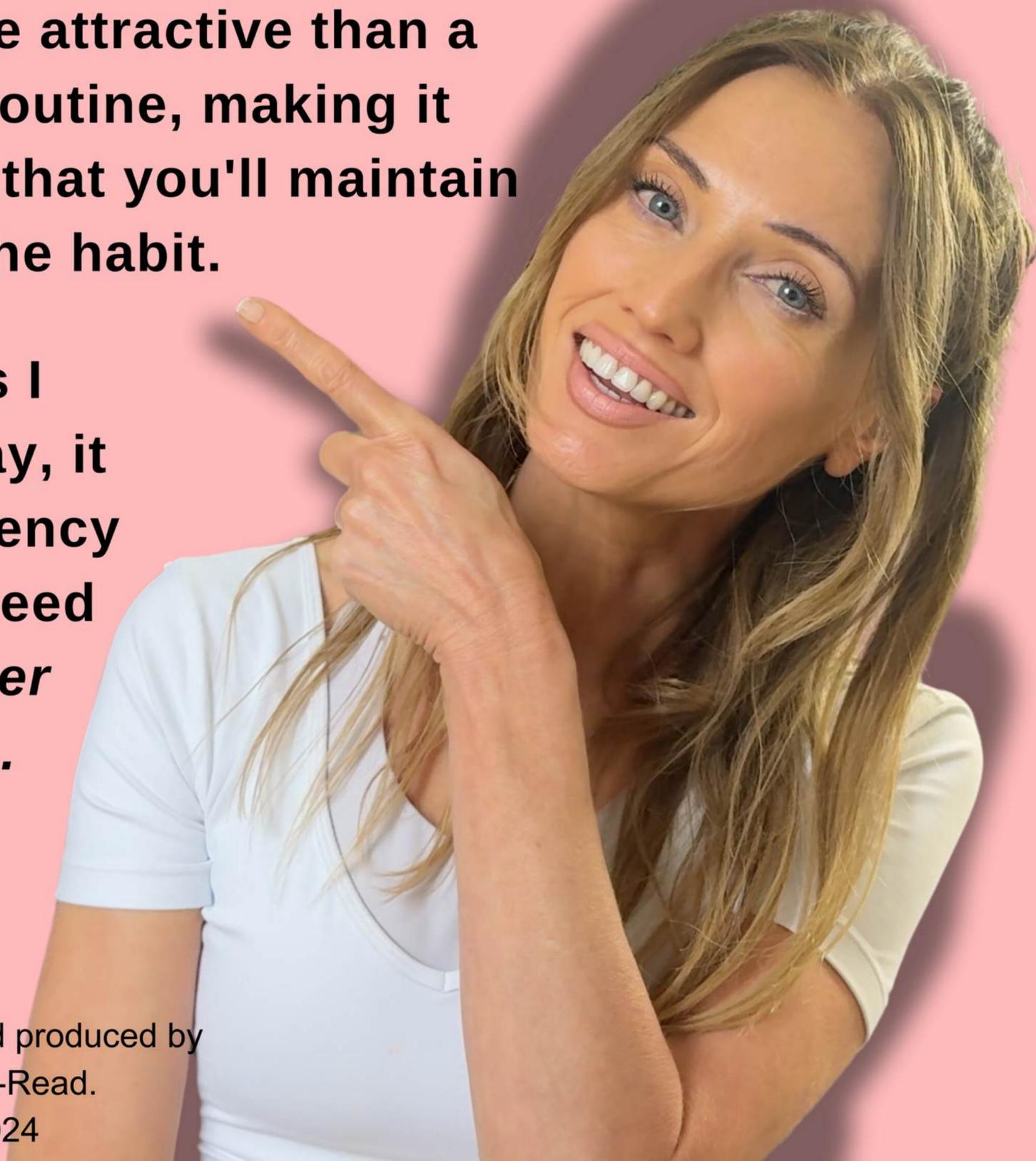


“ We can all find 7 minutes in our daily routine to prioritise our health. ”

Short, intense workouts are simply brilliant and here's why. Studies indicate that short bursts of high-intensity exercise can enhance cardiovascular health, build strength, elevate your metabolism, and increase endurance.

A daily 7-minute workout is often more attractive than a lengthy routine, making it more likely that you'll maintain the habit.

And as I always say, it is consistency that we need for *better health*.



HOW YOUR CHALLENGE WORKS

This challenge is a 4-week programme. Each week you get a workout schedule with a daily clickable link to access your 7-minute video.

Make a commitment to yourself that for this month you are going to do your daily 7 minutes and trust me you will feel amazing for it and you will have installed the best health habit ever. I have made it so easy for you and this is all free, so no excuse you can do this.



FAQS

QUESTION: Can I do the 7 Minute workout twice in one day?

ANSWER: Absolutely, even though 7 minutes is enough, do what feels right for you. You could do it in the morning, lunchtime and evening.

QUESTION: Will this help with my overall fitness and health?

ANSWER: Yes, I design these workouts to tick every box when it comes to your health, fitness and wellbeing.

QUESTION: I am a beginner, so can I follow this plan?

ANSWER: Yes, I always provide an easier alternative move to the high impact exercises, which makes this suitable for everyone, so start your journey with me now.





WEEK 1

Workout Schedule

minutes a day with Lucy

Day 1

Full Body Workout and I show you two options, high and low impact.



Day 2

Get ready to burn lots of calories with today's training session.



Day 3

Warn your abs that today they are going to have a serious workout (and you will love me for this one)



Day 4

Time to focus on your upper body with this cardio and tone session



Day 5

I give you both a high and low impact option for this session and this one will get you super fit



Day 6

Time to focus legs and thighs with today's training session.



Day 7

Go high or go low in today's workout, either are super effective and will get you glowing



YOU CAN DO IT, JUST 7 MINUTES



Week 2

Workout Schedule

minutes a day with Lucy

Day 1

Total Body workout today, every muscle is worked and I will be working on your coordination.



Day 2

Fun Cardio arms today and this will sculpt your arms and get your heart rate up at the same time.



Day 3

No Jumping Low Impact but still getting you amazing results.



Day 4

Grab a cushion for today's workout and this is all about your core.



Day 5

Today's 7 minute workout is going to make you glow.



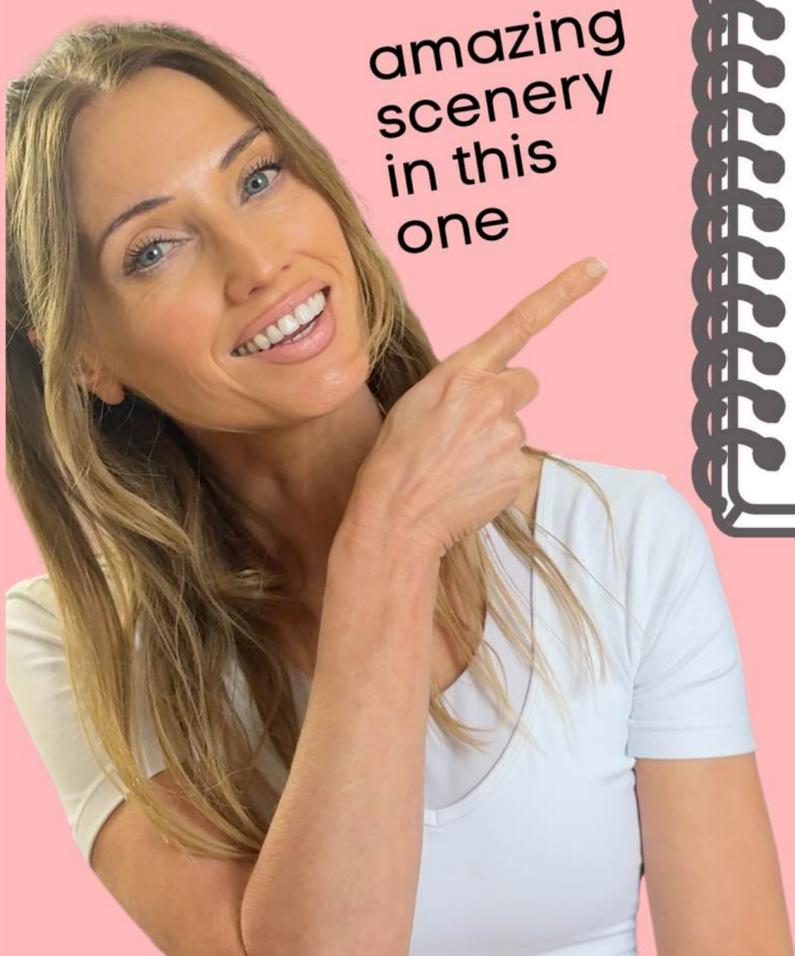
Day 6

This is a combo of cardio and standing abs, (you will really feel this in your waist)



Day 7

Change of scenery let's go to the top of a French mountain for today's workout.



amazing scenery in this one



WEEK 3

Workout Schedule

minutes a day with Lucy

Day 1

Time to work your back for today's training session.



Day 2

Serious HIIT training session today for you.



Day 3

Off on a 7 minute adventure today, get ready to feel super positive.



Day 4

Let's focus on your lower body for today's home workout.



Day 5

Get ready for a super fun low impact cardio, the time will fly by.



Day 6

Total body and every muscle is worked out for today's training session.



Day 7

Two options for today high impact or low impact, so you choose.



JUST 7 MINUTES TO BETTER HEALTH



WEEK 4

Workout Schedule

minutes a day with Lucy

Day 1

You will be much fitter now, so you will love this workout.



Day 2

Today is all about your glutes, you are going to lift and tone like never before.



Day 3

Today is a 7 minute walk at home! How many steps will you do in just 7 minutes?



Day 4

Super fun leg workout today and you will need a chair for this one.




Day 5

Standing Cardio abs, I know this will be one of your favourites.



Day 6

Grab some ribbon for today's 7 minute sculpt, (who knew that ribbon could get you fit)




Day 7

Take on the Ultimate 7 Minute Workout Challenge




LAST WEEK, SO LET'S DO THIS

For more tips and advice on
being in your best health, visit
my website at
LWRFITNESS.COM.

My mission as a qualified
trainer is to show everyone how
we can all be in our best health.



CLICK *HERE* FOR LUCY'S PRODUCTS

