

FREE CHALLENGE

15 MINS A DAY



30
DAYS

HOME FITNESS

By Lucy Wyndham-Read

This Free Home Fitness Plan consists of workouts are all 15 MINUTES and everyone is different. These are all home-based and no equipment is needed.

We are going to be using your body weight which is one of the best ways to sculpt your body and strengthen your bones and it is kind to your joints.

Please always listen to your body and if one day you are tired, then take a day's rest, so just do what feels right for you.

JUST 15 MINUTES A DAY.



**THIS FREE CHALLENGE WILL:
INCREASE YOUR FITNESS,
IMPROVE YOUR WELLBEING,
IMPROVE YOUR BONE HEALTH,
INCREASE YOUR METABOLIC HEALTH,
BOOST YOUR ENERGY,
AND TONE YOU UP ALL OVER.**

So all you need to do is press the PLAY NOW BUTTON on your weekly workout schedules below and follow along, then tick off each day you complete your workout.

Days 1-7

Please note that you will need to be online to view the workouts

DAY 1 15 Min Walk

[PLAY NOW](#)



DAY 2 15 Min Full Body

[PLAY NOW](#)



DAY 3 15 Min Cardio

[PLAY NOW](#)



DAY 4 15 Min Cardio
Abs

[PLAY NOW](#)



DAY 5 15 Min Full Body

[PLAY NOW](#)



DAY 6 15 Min Abs &
Waist

[PLAY NOW](#)



DAY 7 15 Min Walk

[PLAY NOW](#)



“ —

The greatest gift you can
give your loved ones is a
healthy YOU

— ”

LWRFITNESS.COM

Days 8-14

*Please note that you
will need to be online
to view the workouts*

DAY 8 15 Min Cardio

PLAY NOW



DAY 9 15 Min Walk

PLAY NOW



DAY 10 15 Min Cardio

PLAY NOW



DAY 11 15 Min Walk in
Paris

PLAY NOW



DAY 12 15 Min Walk

PLAY NOW



DAY 13 15 Min Full Body

PLAY NOW



DAY 14 15 Min Walk

PLAY NOW



“ —

Don't underestimate the
power of small daily
choices to transform your
health

— ”

LWRFITNESS.COM

Days 14-21

Please note that you will need to be online to view the workouts

DAY 15 15 Min Walk & Jog

PLAY NOW



DAY 16 15 Min Sculpting

PLAY NOW



DAY 17 15 Min Cardio Adventure

PLAY NOW



DAY 18 15 Min Full Body

PLAY NOW



DAY 19 15 Min Walk in London

PLAY NOW



DAY 20 15 Min Boost Health

PLAY NOW



DAY 21 15 Min Cardio

PLAY NOW



“ —

Exercise is not for vanity; it's for sanity

— ”

Days 21-30

Please note that you
will need to be online
to view the workouts

DAY 22 15 Min Cardio
& Chair Tone

PLAY NOW



DAY 23 15 Min Walk

PLAY NOW



DAY 24 15 Min Walk
& Abs

PLAY NOW



DAY 25 15 Min Walk

PLAY NOW



DAY 26 15 Min Cardio

PLAY NOW



DAY 27 15 Min Walk
& Tone

PLAY NOW



DAY 28 15 Min Walk

PLAY NOW



DAY 29 15 Min Walk
in Vienna

PLAY NOW



DAY 30 15 Min Boost
Health

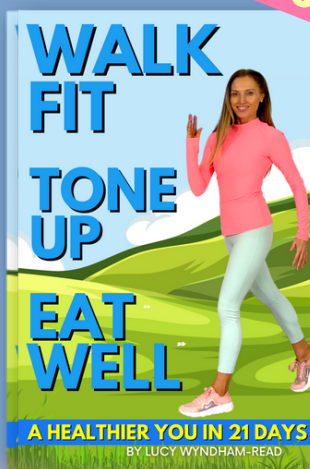
PLAY NOW



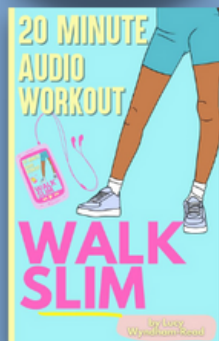
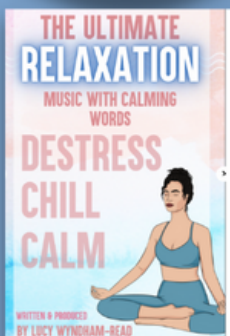
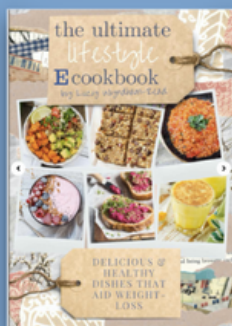
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PRODUCT

NEW
PRODUCT



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CHALLENGES



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Here to keep
you and
your loved
ones
**MOVING and
MOTIVATED
AT HOME**

Lucy K

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