

**FEEL
GOOD
FOR
SUMMER**

by Lucy Wyndham-Read

28 DAY CHALLENGE

**SUMMER
COMING
SOON**

WITH SUMMER FAST
APPROACHING, HERE'S
A FREE 28-DAY
WORKOUT PLAN TO
PREPARE YOU FOR THE
UPCOMING WARMER
DAYS.

THIS SIMPLE CHALLENGE INCLUDES DAILY
CARDIO INDOOR FAT-BURNING WALKING
WORKOUTS AS WELL AS BODYWEIGHT
TONING FOR A FULL-BODY SCULPT.

BY FOLLOWING THIS PLAN, YOU'LL NOT
ONLY TONE YOUR BODY BUT ALSO
IMPROVE YOUR OVERALL FITNESS, HEALTH,
AND RADIANCE TO FEEL FANTASTIC AND
HAVE THAT SUMMER GLOW.

HOW THE PLAN WORKS

EACH DAY, YOU FOLLOW THE SUGGESTED WALKING WORKOUT WHICH WILL BE AVAILABLE ON MY YOUTUBE CHANNEL, FOLLOWED BY A RECOMMENDED 5-MINUTE TONING WORKOUT VIDEO.

*PLEASE KEEP IN MIND THAT YOU WILL NEED AN INTERNET CONNECTION TO WATCH THE VIDEOS.

ADDITIONALLY, THERE IS A WEEKLY TICK CHART AVAILABLE FOR ACCOUNTABILITY. TOWARDS THE END OF THE PLAN, I HAVE INCLUDED SOME USEFUL BLOGS FOR MORE TIPS ON HEALTHY LIVING TO HELP YOU MAKE THE MOST OF THIS COMPLIMENTARY PLAN.

AS YOUR QUALIFIED TRAINER, REMEMBER THAT WE ALL ALREADY HAVE OUR SUMMER BODIES; THIS IS SIMPLY ABOUT EMBRACING WHO WE ARE, FEELING OUR BEST, AND BOOSTING OUR CONFIDENCE.

☺☺ **Confidence is the key to being fabulous, so embrace and display it every day of the year. ☺☺**

Lucy xx



WEEK 1

CARDIO

TONE

Day 1

**15 Min
Walk**



**5 Min
Waist & Abs**



Day 2

**15 Min
Walk**



**5 Min
Arms**



Day 3

**15 Min
Walk**



**5 Min
Glutes**



Day 4

**15 Min
Walk**



**5 Min
Lower Body**



Day 5

**20 Min
Walk**



**5 Min
Abs & Thighs**



Day 6

**15 Min
Walk**



**5 Min
Inner Thighs**



Day 7

**20 Min
Walk**



**5 Min
Abs**



WEEK 1 TICK CHART

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

WEEK 2

CARDIO

TONE

Day 1

**10 Min
Walk**



**5 Min
Lower Body**



Day 2

**15 Min
Walk**



**5 Min
Abs & Arms**



Day 3

**20 Min
Walk**



**5 Min
Bust Lift**



Day 4

**15 Min
Walk**



**5 Min
Waist**



Day 5

**1 Mile
Walk**



**5 Min
Back**



Day 6

**15 Min
Walk**



**5 Min
Glutes**



Day 7

**20 Min
Walk**



**5 Min
Legs**



WEEK 2 TICK CHART

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

WEEK 3

CARDIO

TONE

Day 1

**2000
Steps**



**5 Min
Arms**



Day 2

**15 Min
Walk**



**5 Min
Lower Body**



Day 3

**1 Mile
Walk**



**5 Min
Full Body**



Day 4

**2000
Steps**



**5 Min
Upper Body**



Day 5

**1 Mile
Walk**



**5 Min
Core**



Day 6

**15 Min
Walk**



**5 Min
Inner Thighs**



Day 7

**20 Min
Walk**



**5 Min
Back**



WEEK 3 TICK CHART

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

WEEK 4

CARDIO

TONE

Day 1

**1 Mile
Walk**



**5 Min
Glutes**



Day 2

**15 Min
Walk**



**5 Min
Abs & Thighs**



Day 3

**3000
Steps**



**5 Min
Waist**



Day 4

**20 Min
Walk**



**5 Min
Legs & Glutes**



Day 5

**1000
Steps**



**5 Min
Full Body**



Day 6

10 Min Walk



**5 Min
Bust Lift**



Day 7

10 Min Walk



**5 Min
Abs**



WEEK 4 TICK CHART

Day 1

Day 2

Day 3

Day 4

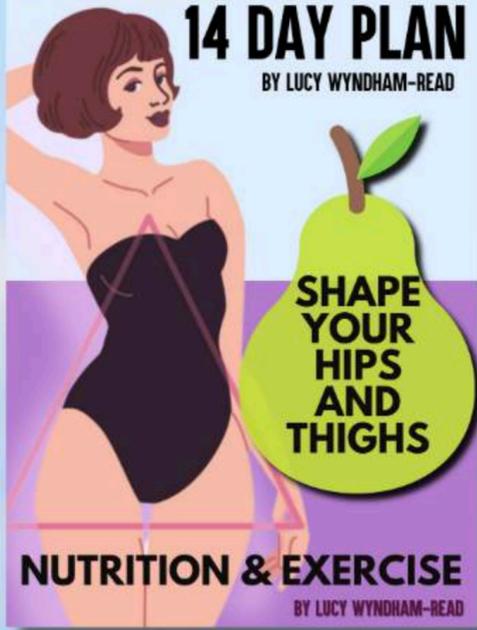
Day 5

Day 6

Day 7

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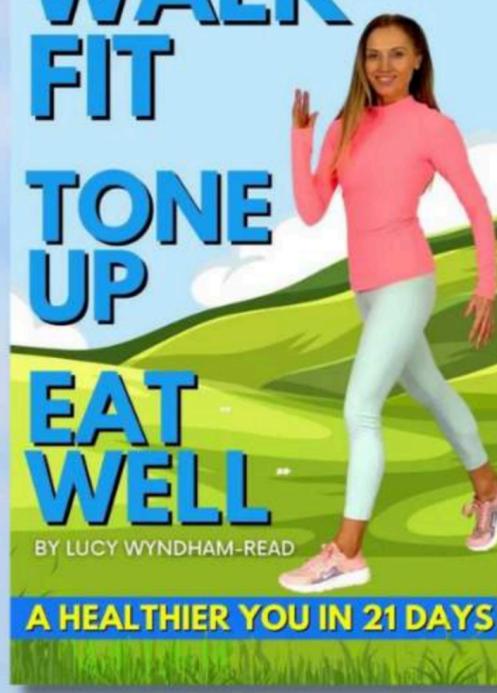
the PEAR SHAPE
14 DAY PLAN
BY LUCY WYNDHAM-READ



SHAPE YOUR HIPS AND THIGHS

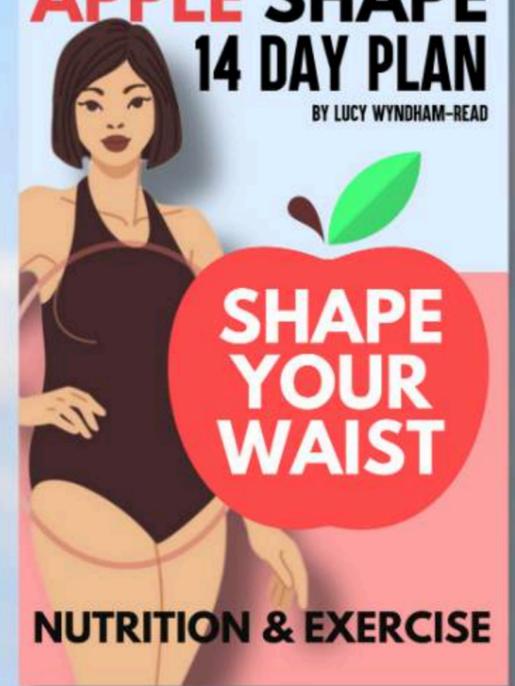
NUTRITION & EXERCISE
BY LUCY WYNDHAM-READ

WALK FIT
TONE UP
EAT WELL
BY LUCY WYNDHAM-READ



A HEALTHIER YOU IN 21 DAYS

the APPLE SHAPE
14 DAY PLAN
BY LUCY WYNDHAM-READ



SHAPE YOUR WAIST

NUTRITION & EXERCISE

30 EXERCISE CARDS

ARMS



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CREATE YOUR OWN WORKOUT

30 EXERCISE CARDS

LOWER BODY



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CREATE YOUR OWN WORKOUT

30 EXERCISE CARDS

ABS & CORE STANDING



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CREATE YOUR OWN WORKOUT

FEEL FABULOUS
for Summer

4 Week Plan

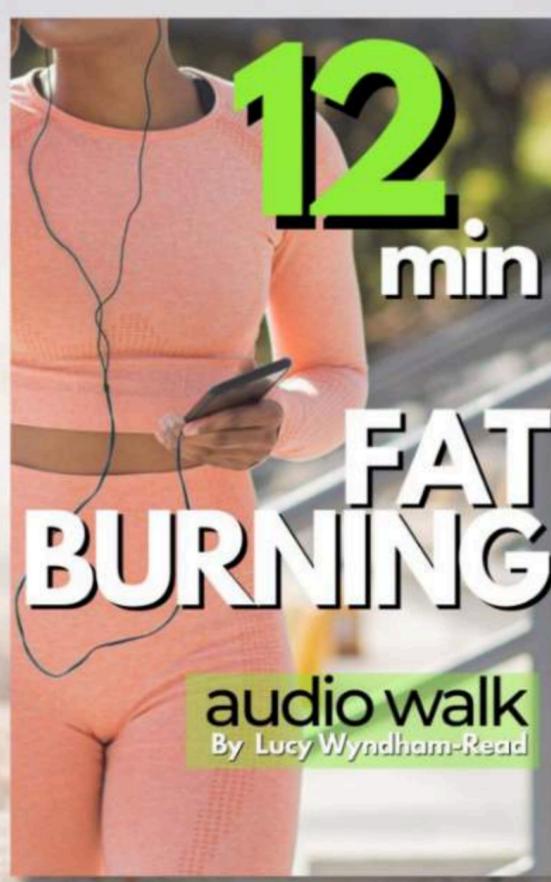


WORKOUTS PLUS 7-DAY NUTRITION PLAN
by Lucy Wyndham-Read

12 min

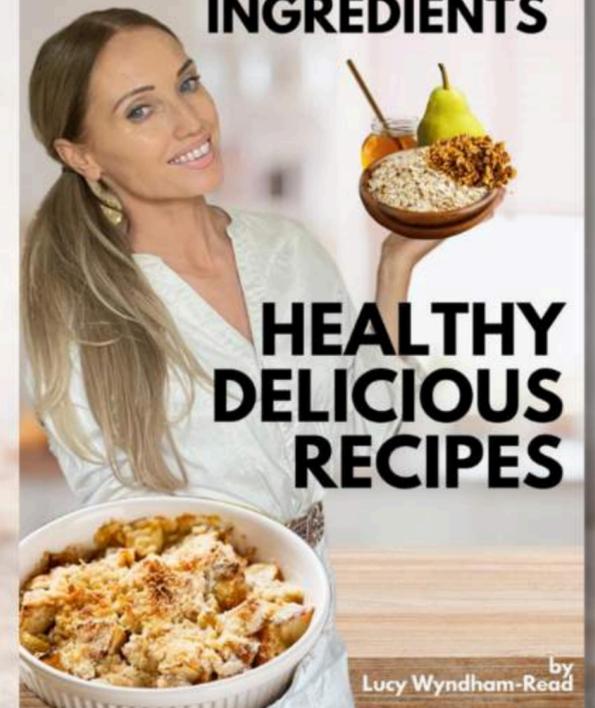
FAT BURNING

audio walk
By Lucy Wyndham-Read



JUST 4 INGREDIENTS

HEALTHY DELICIOUS RECIPES



by Lucy Wyndham-Read

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