

SO YOU THINK YOU CAN

B*PREP

BOMBSHELL CHALLENGE

WEEK 4:

MASTER CARDIO, STEPS AND DAILY OUTPUT

Track it. Build it. Repeat it.

DAY	CARDIO	STEPS	MOVED MOST	MOST SEDENTARY	OUTPUT DROP-OFF	WHAT HELPED	BODY FELT
MONDAY							
TUESDAY							
WEDNESDAY							
THURSDAY							
FRIDAY							
SATURDAY							
SUNDAY							
MONDAY							

PAY ATTENTION TO OUTPUT, DETAIL & EXECUTION!