

# 3-2-1 FALL CHALLENGE

WEEK SIX  
Cardio

## NOV 22

**#57**  
BODY SCULPT:  
CARDIO ARMS & ABS  
Time: 31 min.  
Props: 3lb Weights,  
optional Shoes

## NOV 23

**#33**  
CARDIO BARRE:  
SEAT & LEGS  
Time: 35 min.  
Props: Circular Resistance Band

## NOV 24

**#51**  
BODY SCULPT:  
CARDIO CORE  
Time: 31 min.  
Props: optional Shoes

## NOV 25

**#75**  
QUICK FIX CARDIO:  
TOTAL BODY 2  
Time: 19 min.  
Props: optional Shoes

## NOV 26



### REST DAY

## NOV 27 & 28 BONUS

**#32**  
CARDIO BARRE:  
TOTAL BODY  
Time: 31 min.  
Props: Chair, optional Shoes

## CONGRATS

You  
Finished!