

LOSE YOUR BELLY FAT CHALLENGE 21 DAYS PROGRAM

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Click on the link of workout and you can lead to the video

DAY 1 5 min Belly Workout	DAY 2 Full body workout	DAY 3 5 min Belly Workout	DAY 4 Full body workout	DAY 5 5 min Belly Workout
DAY 6 REST DAY	DAY 7 REST DAY	DAY 8 Total body Tabata	DAY 9 Core Workout	DAY 10 Full body workout
DAY 11 Core Workout	DAY 12 Total body Tabata	DAY 13 5 min Belly Workout	DAY 14 REST DAY	DAY 15 REST DAY
DAY 16 HIIT Workout	DAY 17 Core Workout	DAY 18 Lower body Workout	DAY 19 Core Workout	DAY 20 Total body Tabata

DAY 21

[Core
Workout](#)
[HIIT](#)



[View playlist on Youtube](#)