





























Get a Bomb Body in 4 weeks!

Follow my 4-week plan to challenge your body to reach new heights. Rate your effort for each workout! 

01 <input type="checkbox"/> CARDIO CRUSH 	02 <input type="checkbox"/> BOMB ASS BOOTY 	03 <input type="checkbox"/> REST 	04 <input type="checkbox"/> POWER PUNCH 	05 <input type="checkbox"/> BEATDOWN 	06 <input type="checkbox"/> 6-PACK ATTACK 	07 <input type="checkbox"/> REST 
08 <input type="checkbox"/> SWEAT SESH 	09 <input type="checkbox"/> BODY BURNER 	10 <input type="checkbox"/> REST 	11 <input type="checkbox"/> PRIMAL POWER 	12 <input type="checkbox"/> BOMB BODY BLAST 	13 <input type="checkbox"/> 6-PACK ATTACK 	14 <input type="checkbox"/> REST 
15 <input type="checkbox"/> CARDIO CRUSH 	16 <input type="checkbox"/> BOMB ASS BOOTY 	17 <input type="checkbox"/> REST 	18 <input type="checkbox"/> POWER PUNCH 	19 <input type="checkbox"/> BEATDOWN 	20 <input type="checkbox"/> 6-PACK ATTACK 	21 <input type="checkbox"/> REST 
22 <input type="checkbox"/> SWEAT SESH 	23 <input type="checkbox"/> BODY BURNER 	24 <input type="checkbox"/> REST 	25 <input type="checkbox"/> PRIMAL POWER 	26 <input type="checkbox"/> BOMB BODY BLAST 	27 <input type="checkbox"/> SOPHIA'S DYNAMIC DOZEN 	28 <input type="checkbox"/> REST OR 6-PACK ATTACK 

NOTES



Share your sweaty selfies and tag me @SOPHIAROSE92, @MYOPENFIT #WeAreOpenfit