

**LITA LEWIS**  
on **openfit** ✓

# Strong + Solid in 4 weeks!

Follow my calendar to unleash your inner superwoman and feel strong and solid in your body, mind, and soul! Check off the workouts as you go and rate how empowered you feel! 💪

Take your before photo!

<b>01</b> <input type="checkbox"/> <b>Lower Body Heat 1</b> 	<b>02</b> <input type="checkbox"/> <b>Upper Body Blowout 1</b> 	<b>03</b> <input type="checkbox"/> <b>Total Body Burn 1</b> 	<b>04</b> <input type="checkbox"/> <b>Legs Go-Go Cardio 1</b> 	<b>05</b> <input type="checkbox"/> <b>Complex Calorie Burn 1</b> 	<b>06</b> <input type="checkbox"/> <b>REST</b> 	<b>07</b> <input type="checkbox"/> <b>REST</b> 
<b>08</b> <input type="checkbox"/> <b>Lower Body Heat 1</b> 	<b>09</b> <input type="checkbox"/> <b>Upper Body Blowout 1</b> 	<b>10</b> <input type="checkbox"/> <b>Total Body Burn 1</b> 	<b>11</b> <input type="checkbox"/> <b>Legs Go-Go Cardio 1</b> 	<b>12</b> <input type="checkbox"/> <b>Complex Calorie Burn 1</b> 	<b>13</b> <input type="checkbox"/> <b>REST</b> 	<b>14</b> <input type="checkbox"/> <b>REST</b> 
<b>15</b> <input type="checkbox"/> <b>Lower Body Heat 2</b> 	<b>16</b> <input type="checkbox"/> <b>Upper Body Blowout 2</b> 	<b>17</b> <input type="checkbox"/> <b>Total Body Burn 2</b> 	<b>18</b> <input type="checkbox"/> <b>Legs Go-Go Cardio 2</b> 	<b>19</b> <input type="checkbox"/> <b>Complex Calorie Burn 2</b> 	<b>20</b> <input type="checkbox"/> <b>REST</b> 	<b>21</b> <input type="checkbox"/> <b>REST</b> 
<b>22</b> <input type="checkbox"/> <b>Lower Body Heat 2</b> 	<b>23</b> <input type="checkbox"/> <b>Upper Body Blowout 2</b> 	<b>24</b> <input type="checkbox"/> <b>Total Body Burn 2</b> 	<b>25</b> <input type="checkbox"/> <b>Legs Go-Go Cardio 2</b> 	<b>26</b> <input type="checkbox"/> <b>Complex Calorie Burn 2</b> 	<b>27</b> <input type="checkbox"/> <b>REST</b> 	<b>28</b> <input type="checkbox"/> <b>REST</b> 

Join the Openfit Teammates Facebook group to train and share your results with me as you go!  
On your off days, explore the app for stretching, yoga, meditation, and more.

#WeAreOpenfit @MyOpenfit

Take your after photo!

**openfit**

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