

28 DAY CHALLENGE

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DAY 14 - 28 DAY CHALLENGE

Set your timer for 28 minutes!

ACTIVE REST DAY!

Congratulations making it to day 14 of the 28 Day Challenge. Today is an active rest day. Give your body time to heal and repair by taking time to do a low impact activity.

We want to make sure that we are moving our body every day. Today set your timer for 28 minutes and go for a nice walk outside, a swim, a bike ride, or do some stretching or light yoga.

If you have questions or need support, send an email to hello@chrisbybiamonte.com and I am happy to help you!