

## WORKOUT

**Run 1/2 mile**  
**3-5 rounds**  
20 knee tucks  
20 decline push ups  
30 supermans  
15 side plank w/leg lift  
**Walk 1/2 mile**

## NUTRITION CHALLENGE

**Try making a fruit and vegetable smoothie  
at home today as breakfast or a delicious snack!**

## HOMEWORK

### **Take your 'AFTER' measurements!**

Grab a tape measure and compare your progress to your 'BEFORE'!

**Waist** (across your 'tiny spot' in your torso)

**Abdomen** (across your bellybutton line)

**Hips** (across the largest part of your hips & tush)

**Thigh** (around the area just below your right cheek)

**Arm** (the largest part of your right bicep)

**Neck** (largest part of your neck)

## PICTURE PROOF

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### **Post your 'AFTER shot'!**

#happyderbyday  
#angiebottsRESULTS  
#transformation  
#derbydaydash  
#angiebottsfitness  
#angiebottsfitnesschallenge