



Join me LIVE on Facebook every Thursday at 11 AM PT

# Gina Aliotti FITNESS

OCTOBER 2017  
BE YOUR OWN BOO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Rest & Unplug	2 Tabata Shoulders + Tabata Abs	10/3/2017 FB LIVE COMBO WORKOUT 11 a.m. PST	4 30 Split Jump Squats (x2) 10 Push Ups (x2)	5 G-FIT YOGA FUSION 1 + FB LIVE Q&A 11 a.m. PST	6 Ball Burn	7 Tabata Push Ups
8 Rest & Unplug	9 Tabata Cardio Burn	10 FB LIVE ABS WORKOUT 11 a.m. PST	11 40 Hip Thrusts with 2 second Hold	12 G-FIT YOGA FUSION 2 + FB LIVE Q&A 11 a.m. PST	13 G-Fit Booty Burn	14 Tabata Plank Challenge
15 Rest & Unplug	16 G-Fit Full Body Circuit	17 FB LIVE BACK & BI'S WORKOUT 11 a.m. PST	18 10 Plank Up Downs (x2) 10 Push Ups (x2)	19 G-FIT YOGA FUSION 3 + FB LIVE Q&A 11 a.m. PST	20 Lose the Love Handles	21 Tabata Burn Upper
22 Rest & Unplug	23 Define those Delts	24 FB LIVE CARDIO WORKOUT 11 a.m. PST	25 Side Plank Knee to chest (each side) x3	26 G-FIT YOGA FUSION 4 + FB LIVE Q&A 11 a.m. PST	27 Toned Trunks	28 Tabata Squats + Tabata Abs
29 Rest & Unplug	30 5 Minute Abs	31 FB LIVE SHOULDERS & BOOTY WORKOUT 11 a.m. PST	1 * 2 minutes Daily Meditation - Non-Negotiable	2	3	4

[WWW.GINAALIOTTI.COM](http://WWW.GINAALIOTTI.COM)

Nobody Is Going to Do it For you! You have to Be Your Own Boo!

Log into the VIP for all Workouts