**30 Day Fit/Dance Challenge with Keaira LaShae**

**Mar 1, 2013 https://www.youtube.com/watch?v=OrNCI5Gy\_1E**

CLICK ON THE LINKS BELOW FOR YOUR DAY TO DAY DANCE/WORKOUTS!!

GOOD LUCK EVERYONE! REMEMBER, DON'T GIVE UP... NO MATTER WHAT, KEEP PUSHING!!!

You can also sign up to Daily Burn to do more dance workouts with me if you want a little extra!!! CLICK HERE: <http://dailyburn.com/keairalashae>

YOU WILL NEED: 3 to 5 pd. weights (dumbbells) 10 pd. weights Elastic workout bands (Target, Walmart, Sports stores, etc.) Foam roll for soreness (sports stores, Walmart) WATER/ TOWEL AND LOTS OF ENERGY AND DEDICATION........
HERE WE GOOOOOOO!!!!!

WEEK 1:

DAY 1 & 15:
MOBILITY WARM UP: <http://youtu.be/qsboThV9B60>
LATIN SOCA DANCE WORKOUT: <http://youtu.be/fSxbYZMleNw>
SUPER SEXY ARMS WORKOUT: <http://youtu.be/eloPv-L-0Lo>

DAY 2 & 16:
HIGH INTENSITY TRAINING WORKOUT: <http://youtu.be/7fuz8-2JdDo>
HIPHOP BOOTY SHAKING WORKOUT: <http://youtu.be/Uf7C0qF2Mrg>
DANCE YOUR WAY TO SEXY ABS: <http://youtu.be/DI9Um9WET70>

DAY 3 & 17:
MOBILITY WARM UP: <http://youtu.be/qsboThV9B60>
HIPHOP CARDIO WORKOUT: <http://youtu.be/hnuXz3sOWes>
KICKBOXING IN THE PARK: <http://youtu.be/Z39D09JXU-Y>
QUICK WAY TO GET SEXY ABS: <http://youtu.be/q5ZnxD2ekRo>

DAY 4 & 18:
MOBILITY WARM UP: <http://youtu.be/qsboThV9B60>
REGGAE DANCE WORKOUT: <http://youtu.be/udVy1orWkVI>
HIPHOP CARDIO KICKBOXING: <http://youtu.be/fKAQinvU5hs>
ELASTIC BANDS WORKOUT: <http://youtu.be/owcxy7TuH8o> (if u don't have bands, use weights (7 to 10 pds) if you don't have weights use canned goods out of the kitchen... NO EXCUSES) Let's goooooo!!!!

DAY 5 & 19:
MOBILITY WARM UP: <http://youtu.be/qsboThV9B60>
DANCE YOUR WAY TO SEXY ABS: <http://youtu.be/DI9Um9WET70>
BOOTY POP AND BODY ROLL DANCE WORKOUT: <http://youtu.be/HR1WKGn85bs>
KRYPTONITE BOOTY PT. 1: <http://youtu.be/_dJkiRE0ymw>
KRYPTONITE BOOTY PT 2: <http://youtu.be/1Kl47oEkwGU>
Stretching with Keaira LaShae: <http://youtu.be/lrfthP8If9I>

DAY 6 & 20:
MOBILITY WARM UP: <http://youtu.be/qsboThV9B60>
SEXY DANCE WORKOUT IN HEELS: <http://youtu.be/-eVT0zcf1ps>
HIGH INTENSITY INTERVAL TRAINING: <http://youtu.be/7fuz8-2JdDo>
HOW TO GET FLAT SEXY ABS: <http://youtu.be/DI17G5whYsM>

DAY 7 & 21:
Stretching with Keaira LaShae: <http://youtu.be/lrfthP8If9I>
REST REST REST!!!!!!! GET READY FOR WEEK 2

WEEK 2:

DAY 8 & 22:
ELASTIC BANDS WORKOUT: <http://youtu.be/owcxy7TuH8o>
TWERK TUTORIAL AND LEG/BOOTY WORKOUT: <http://youtu.be/64i2Y-VygVE>
HIPHOP CARDIO WORKOUT: <http://youtu.be/hnuXz3sOWes>

DAY 9 & 23:
HIP HOP BOOTY SHAKIN' WORKOUT: <http://youtu.be/Uf7C0qF2Mrg>
VALENTINE'S DAY SEXY DANCE TWERKOUT: <http://youtu.be/5QvtSAsjev8>
(Pick your own kickboxing video)
KICKBOXING IN THE PARK: <http://youtu.be/Z39D09JXU-Y>
or you can chose
HIPHOP CARDIO KICKBOXING: <http://youtu.be/fKAQinvU5hs>
REGGAE DANCE WORKOUT: <http://youtu.be/udVy1orWkVI>
DANCE YOUR WAY TO SEXY ABS: <http://youtu.be/DI9Um9WET70>

DAY 10 & 24:
HIGH INTENSITY INTERVAL TRAINING: <http://youtu.be/7fuz8-2JdDo>
HOW TO GET FLAT SEXY ABS: <http://youtu.be/DI17G5whYsM>
Stretching with Keaira LaShae: <http://youtu.be/lrfthP8If9I>

DAY 11 & 25:
MOBILITY WARM UP: <http://youtu.be/qsboThV9B60>
QUICK SEXY UPPER BODY PT 1: <http://youtu.be/tERNHePEN7U>
UPPER BODY PT 2: <http://youtu.be/L97qTrPLzVQ>
LATIN SOCA DANCE WORKOUT: <http://youtu.be/fSxbYZMleNw>

DAY 12 & 26:
MOBILITY WARM UP: <http://youtu.be/qsboThV9B60>
SEXY DANCE WORKOUT IN HEELS: <http://youtu.be/-eVT0zcf1ps>
SUPERHERO FITNESS PROMO: <http://youtu.be/Qo99cUCMK-4>
QUICK WAY TO GET SEXY ABS: <http://youtu.be/q5ZnxD2ekRo>

DAY 13 & 27:
REGGAE DANCE WORKOUT: <http://youtu.be/udVy1orWkVI>
BOOTY POP AND BODY ROLL WORKOUT: <http://youtu.be/HR1WKGn85bs>
HIPHOP BOOTY SHAKIN WORKOUT: <http://youtu.be/Uf7C0qF2Mrg>
HIPHOP CARDIO WORKOUT: <http://youtu.be/hnuXz3sOWes>

DAY 14 & 28: Stretching with Keaira LaShae: <http://youtu.be/lrfthP8If9I>
REST REST REST!!!! GET READY FOR WEEK 3! HALF WAY THERE! DON'T GIVE UP!!!!!!!

WEEK 3:

REPEAT WEEK 1 AND 2 (FOR DAYS 15-28)!!!!!

DAY 29:
MOBILITY WARM UP: <http://youtu.be/qsboThV9B60>
LATIN SOCA DANCE WORKOUT: <http://youtu.be/fSxbYZMleNw>
SEXY ABS: <http://youtu.be/DI17G5whYsM>
HIGH INTENSITY INTERVAL TRAINING: <http://youtu.be/7fuz8-2JdDo>

DAY 30:
MOBILITY WARM UP: <http://youtu.be/qsboThV9B60>
KRYPTONITE BOOTY PT 1: <http://youtu.be/_dJkiRE0ymw>
KRYPTONITE BOOTY PT 2: <http://youtu.be/1Kl47oEkwGU>
HIPHOP CARDIO KICKBOXING: <http://youtu.be/fKAQinvU5hs>
TWERK TUTORIAL: <http://youtu.be/64i2Y-VygVE>
ELASTIC BANDS WORKOUT: <http://youtu.be/owcxy7TuH8o>

CONGRATULATIONS!!!!YAAAAAY YOU DID IT!! YOU ROCK!!!! REMEMBER TO TAG ME ON INSTAGRAM (@KEAIRALASHAE) AND SHOW ME YOUR PROGRESS. I WOULD LOVE TO SEE BEFORE AND AFTER PICS!!!!