**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!!!!