

**WELCOME TO OUR FEBRUARY TONE-
IT-UP CHALLENGE**



**TO A BEAUTIFUL
SOUL WITH THE
BIGGEST HEART**



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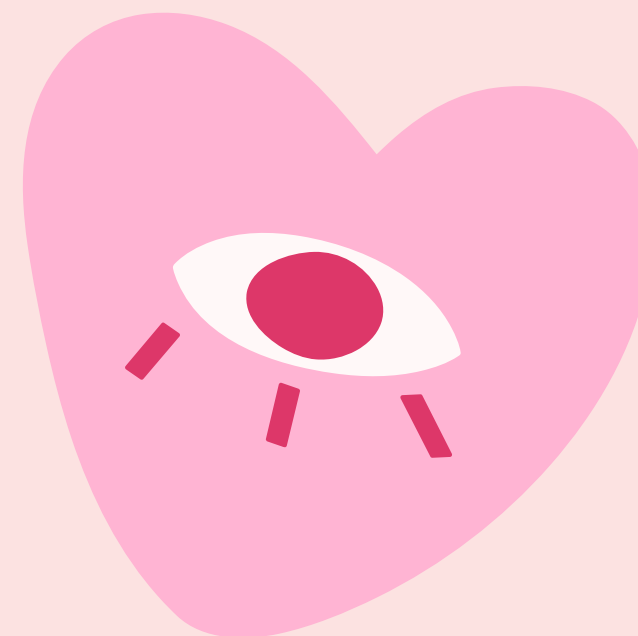


YOU ARE SOMEONE
WORTH *Celebrating*
AND GOING THE
EXTRA MILE FOR.

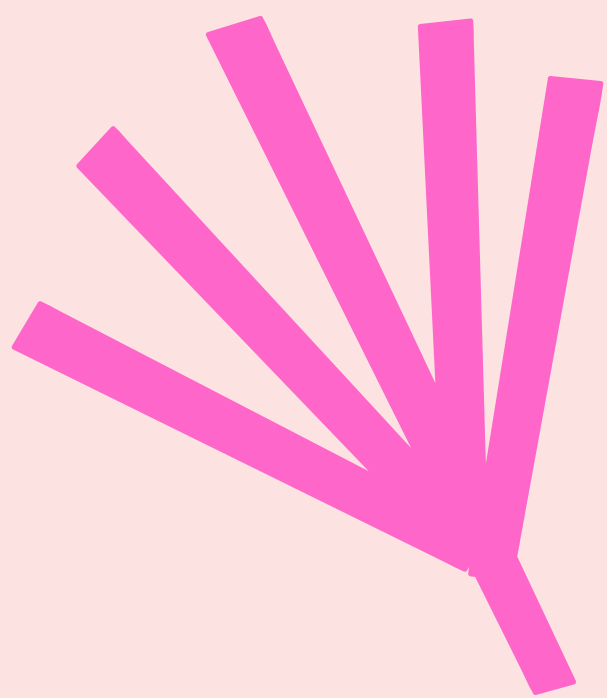


YOU MIGHT
NOT KNOW THIS,
BUT YOU'VE MADE
QUITE A LOT OF
PEOPLE *Happy*.





**THAT'S BECAUSE
YOU'RE SIMPLY AWESOME
— A BEAUTIFUL PERSON
INSIDE AND OUT.**



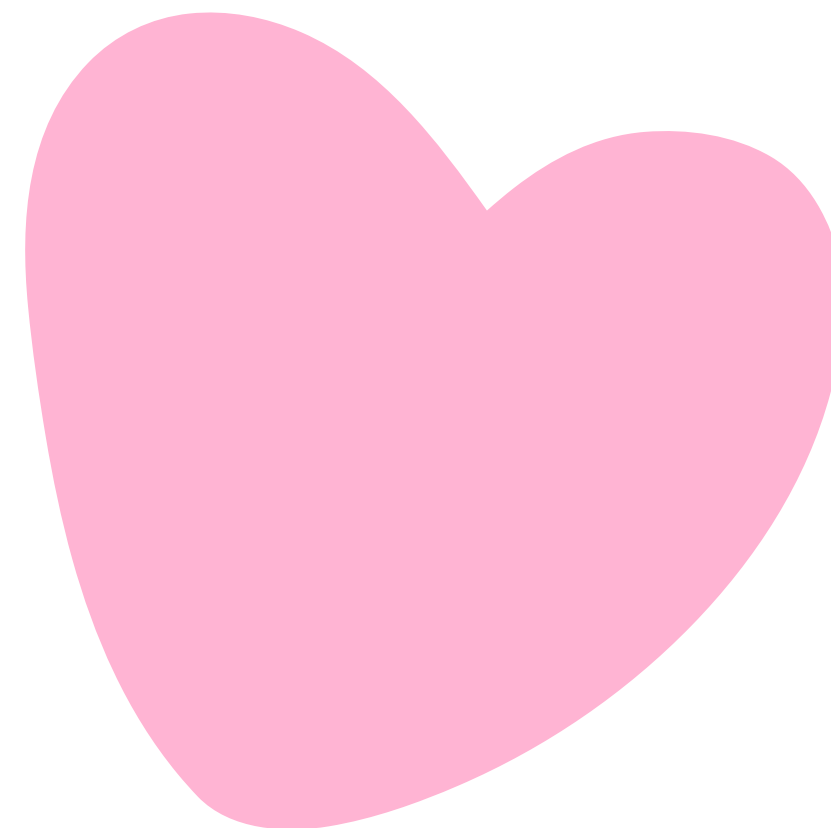
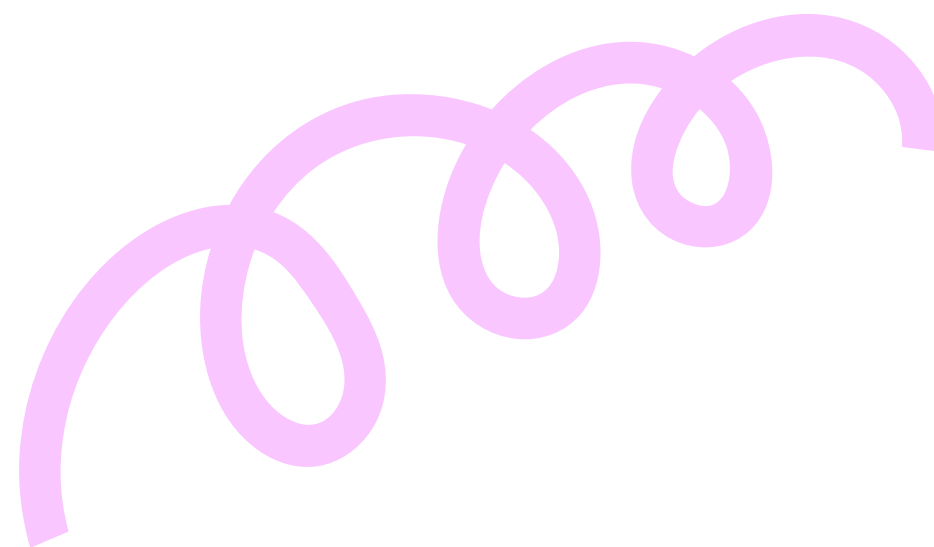


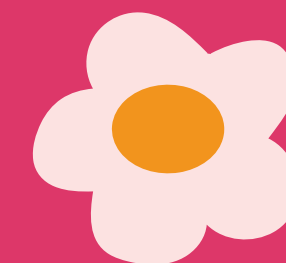
YOUR PRESENCE
HAS THE POWER TO
Ease AND *Uplift*.





**YOU'VE TOUCHED
SO MANY LIVES
WITH YOUR LOVE
AND KINDNESS.**





**HERE'S HOPING
ALL THE LOVE YOU
GIVE OUT COMES BACK
TO YOU *Tenfold*.**





**THE WORLD IS
A HAPPIER PLACE
BECAUSE OF PEOPLE
LIKE YOU.**





**MAY YOU ALWAYS
BE REMINDED OF JUST
HOW WONDERFUL YOU ARE.**

AND MAY EVERYONE
AROUND YOU FIND
WAYS TO ALWAYS
MAKE YOU FEEL
Loved AND
APPRECIATED.





THANK YOU
FOR SIMPLY
BEING *You.*



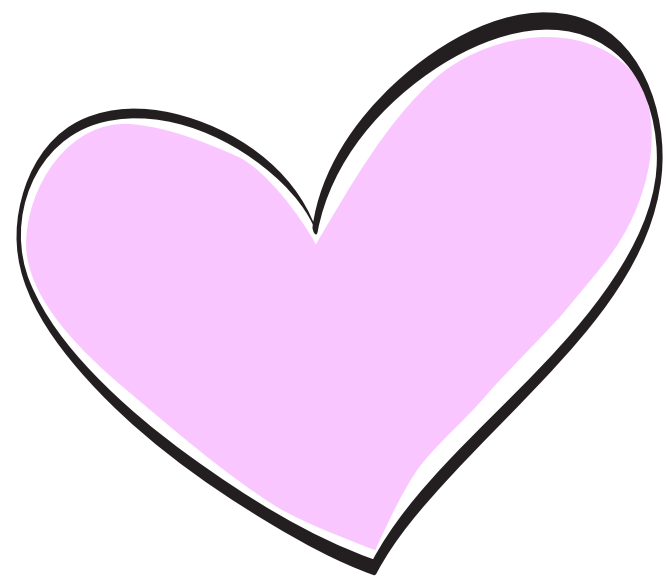
**SENDING YOU
LOTS OF LOVE THIS
VALENTINE'S DAY!**



LOVE ALWAYS,

Heather





February Tone-it-Up **WEEK 1 CONFIDENCE CLUB + CLICKABLE WORKOUTS**



FEB 1 - FIND YOUR MOTIVATION, FUEL THAT MOTIVATION AND DO SOME EXERCISES TO STRENGTHEN YOUR CONFIDENCE:

Suggested workout [click here](#)

FEB 2 - YOU CAN LEARN TO BE MORE CONFIDENT THROUGH EXERCISES, SKILLS AND HABITS. THIS IS A PROCESS. EVERYONE HAS AREAS WHERE THEY WANT TO BECOME MORE CONFIDENT, AND IT ALL BEGINS WITH A DECISION TO START AND DO THINGS

DIFFERENTLY: **Suggested workout [click here](#)**

FEB 3 - APPLY WHAT YOU READ IN DAY 1 AND DAY 2. THIS IS A BIG DEAL! DESPITE ANY FEELINGS OF DOUBT, YOU DID SOMETHING A LITTLE SCARY AND ARE INVESTING IN YOURSELF. THIS COULD BE A MAJOR TURNING POINT IN YOUR LIFE. IF YOU COMMIT TO DOING THINGS DIFFERENTLY, YOU CAN CHANGE THE WAY YOU THINK! KEEP UP YOUR CALENDAR, IT'S A BIG DEAL!

TODAY IS AN IMPORTANT DAY! **Suggested workout [click here](#)**

FEB 4 - APPLY WHAT YOU'VE LEARNED SO FAR - GO BACK AND RE READ DAYS 1+2, THIS IS A PROCESS. EVERYONE HAS AREAS WHERE THEY WANT TO BECOME MORE CONFIDENT AND IT ALL BEGINS WITH A DECISION TO START AND DO THINGS DIFFERENTLY. CONFIDENCE IS LEARNED THROUGH ACTS OF COURAGEOUSNESS. **Suggested workout [click here](#)**

FEB 5 OBJECTIVE: COMMITMENT: UNDERSTAND HOW OUR TONE BABES ARE CONFIDENTIAL, NO PITY PARTIES, NO NEGATIVE LABELS, CREATE AND LIVE BY A PERSONAL MANTRA AND LOOK AT IT ONCE A WEEK, BE OPEN AND HONEST WITH YOURSELF, WE ARE HERE TO SUPPORT EACH OTHER. **Suggested workout [click here](#)**



February Tone-it-Up

WEEK 2 CLICKABLE WORKOUTS



FEB 8 Suggested workout [click here](#)

FEB 9 Suggested workout [click here](#)

FEB 10 Suggested workout [click here](#)

FEB 11 Suggested workout [click here](#)

FEB 12 Suggested workout [click here](#)

4 reasons YOU ARE IN THIS!



Tone-IT-UP VIP Calendar

FEBRUARY 2021 Challenge

Mon

Tue

Wed

Thu

Fri

Sat

Sun

CARDIO FAT BURNING
LINK IN WORKBOOK AND
ONLINE LIBRARY

6 PACK ABS AND BOOTY
LIFT
LINK IN WORKBOOK AND
ONLINE LIBRARY

BARRE SCULPT
LINK IN WORKBOOK AND
ONLINE LIBRARY

TIGHTER TUMMY
LINK IN WORKBOOK AND
ONLINE LIBRARY

FULL BODY STRETCH
LINK IN WORKBOOK AND
ONLINE LIBRARY

REST DAY:
GO FOR A WALK
3 MILES

2/1-2/7
REST

SHOULDERS ARMS AND
CHEST: UPPER BODY
SCULPT
LINK IN WORKBOOK AND
ONLINE LIBRARY

THINNER THIGHS
LINK IN WORKBOOK
AND ONLINE LIBRARY

PILATES ON THE MAT
LINK IN WORKBOOK
AND ONLINE LIBRARY

TINY WAIST BELLY
BURNER
LINK IN WORKBOOK
AND ONLINE LIBRARY

BOOTY LIFTE AND
BOOTY BURNER
LINK IN YOUR
WORKBOOK AND
ONLINE LIBRARY

REST DAY:
GO FOR A WALK
4 MILES

2/8-2/14
REST

PRESIDENTS' DAY

TONE-IT-UP WORKOUTS

TONE-IT-UP WORKOUTS START FEB 16

THRU MARCH 2

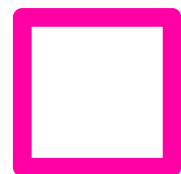
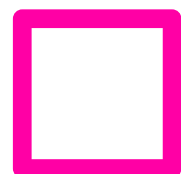
**HOW TO COMBINE WORKOUTS &
PROGRAMS:**

Start with the first program listed each day.
TONE = TONEn10.com L4 IS LIIFT 4 BOD PROGRAM

LEADING INTO
FEBRUARY

GlitterU.com

3 MAJOR goals THIS MONTH





CERTIFICATE OF COMPLETION

THIS CERTIFIES THAT



HAS SUCCESSFULLY COMPLETED THE
FEBRUARY CHALLENGE 2021

Heather L. Newman

COACH



DATE