

# BLINGY BABES

**If You Move,  
You Improve!**

**Your Go-to  
Fitness Girl**

**Strong is the  
New Cute!**

**I'm Simone, your go-to  
fitness girl from the Blingy  
Babes crew.**

**Join me every Wednesday  
for fun, active challenges  
and healthy lifestyle tips to  
keep you glowing!**

**Simone**

**WEDNESDAY**

**#GenZFitness #MoveWithSimone  
#BlingyStrong**

[www.blingybabes.com](http://www.blingybabes.com)



# **SIMONE'S**

## **7-DAY GLOW-UP FITNESS CHALLENGE**



**STRONG IS THE NEW CUTE.**

**STRONG, CONFIDENT, AND GLOWING  
FROM THE INSIDE OUT**

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# SIMONE'S 7-DAY FITNESS GLOW-UP PLAN

## DAY 1 - CORE START:

10 CRUNCHES, 10 LEG RAISES, 30-SEC PLANK

## DAY 2 - GLUTES & LEGS:

15 SQUATS, 10 LUNGES (EACH LEG), 15 GLUTE BRIDGES

## DAY 3 - CARDIO BURST:

30-SEC JUMPING JACKS × 3 ROUNDS

## DAY 4 - ARMS & TONING:

10 PUSH-UPS (KNEES OR FULL), 15 TRICEP DIPS  
(USING CHAIR), 10 SHOULDER TAPS

## DAY 5 - STRETCH & FLEX:

5-MIN YOGA FLOW  
(CAT-COW, CHILD'S POSE, COBRA, DOWNWARD DOG)

## DAY 6 - FULL BODY FUN:

10 BURPEES, 15 SQUATS, 30-SEC PLANK

## DAY 7 - GLOW & RECOVER:

20-MIN WALK OUTDOORS + GRATITUDE JOURNALING

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# SIMONE'S GLOW SMOOTHIE RECIPE

- 1 CUP FROZEN BERRIES
- 1 BANANA
- 1 CUP ALMOND MILK
- 1 TBSP CHIA SEEDS

**BLEND & ENJOY**

**ENERGY BOOST + SKIN GLOW!**



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**THIS WAS JUST  
YOUR 7-DAY  
KICKSTART!**

**READY FOR  
MORE GLOW-UP  
VIBES?**

**BLINGY  
BABES**

INSIDE OUR VIP MEMBERSHIP WE SHARE  
**WEEKLY FITNESS TIPS, CHALLENGES,  
AND HEALTHY HACKS**

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