



Spotless Vein Care

4 Week Movement Challenge

Week 1 - Day 1

Week 1 - Day 2

Week 1 - Day 3

Week 1 - Day 4

Week 1 - Day 5



Week 2 - Day 1

Week 2 - Day 2

Week 2 - Day 3

Week 2 - Day 4

Week 2 - Day 5

Week 3 - Day 1

Week 3 - Day 2

Week 3 - Day 3

Week 3 - Day 4

Week 3 - Day 5



Week 4 - Day 1

Week 4 - Day 2

Week 4 - Day 3

Week 4 - Day 4

Week 4 - Day 5

