

Advanced

WORKOUT SCHEDULE

Please complete Fusion Fire Beginner & Basic before starting Fusion Fire Advanced.

DAY 1	<u>Shoulder Shredder</u>
DAY 2	<u>Lower Body Blast</u> + <u>Kiss My Abs Ab Shredder</u>
DAY 3	<u>Total Body Transformer</u>
DAY 4	<u>Bicep Builder</u>
DAY 5	<u>Lean Legs</u>
DAY 6	<u>Crazy Circuit Cardio</u> + <u>Kiss My Abs Complete Core</u>
DAY 7	<u>Fusion Stretch</u>
DAY 8	<u>Speed & Agility</u> + <u>Kiss My Abs Ab Shredder</u>
DAY 9	<u>Lean Legs</u>
DAY 10	<u>Total Upper Body</u>
DAY 11	<u>TKO Fat Blast</u> + <u>Kiss My Abs Complete Core</u>
DAY 12	<u>Ballistic Backside</u>
DAY 13	<u>Shoulder Shredder</u>
DAY 14	<u>Fusion Stretch</u>
DAY 15	<u>Lower Body Blast</u>
DAY 16	<u>Bicep Builder</u> + <u>Kiss My Abs Complete Core</u>
DAY 17	<u>Crazy Circuit Cardio</u>
DAY 18	<u>Lean Legs</u>
DAY 19	<u>Speed & Agility</u> + <u>Kiss My Abs Ab Shredder</u>
DAY 20	<u>Shoulder Shredder</u>
DAY 21	<u>Fusion Stretch</u>
DAY 22	<u>Total Body Transformer</u>
DAY 23	<u>Total Upper Body</u> + <u>Kiss My Abs Complete Core</u>
DAY 24	<u>Ballistic Backside</u>
DAY 25	<u>Speed & Agility</u> + <u>Kiss My Abs Express</u>
DAY 26	<u>Bicep Builder</u>
DAY 27	<u>Lower Body Blast</u> + <u>Kiss My Abs Ab Shredder</u>
DAY 28	<u>Fusion Stretch</u>