

*Advanced*

**FUSION**  
FIRE

# WORKOUT SCHEDULE

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

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