

Basic

FUSION
FIRE

WORKOUT SCHEDULE



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