

Beginner

WORKOUT SCHEDULE

DAY 1	<u>Shoulder Shredder</u>
DAY 2	<u>Lower Body Blast</u>
DAY 3	<u>TKO Fat Blast</u>
DAY 4	<u>Bicep Builder</u>
DAY 5	<u>Lean Legs</u>
DAY 6	<u>Crazy Circuit Cardio</u>
DAY 7	<u>Fusion Stretch</u>
DAY 8	<u>10 Minute Total Body</u> + <u>Kiss My Abs Express</u>
DAY 9	<u>Lean Legs</u>
DAY 10	<u>Total Upper Body</u>
DAY 11	<u>Lower Body Blast</u>
DAY 12	<u>Shoulder Shredder</u>
DAY 13	<u>TKO Fat Blast</u>
DAY 14	<u>Fusion Stretch</u>