



Beginner

FUSION
FIRE

WORKOUT SCHEDULE

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