



ADVANCED WORKOUT SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Max Out Cardio	Lower Body + Standing Abs	Upper Body	Core	Total Body Bootcamp	Boom Speed	Dynamic Stretch
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Full Body	Drills with Weights + Standing Abs	Boom Speed	Upper Body	Core	Max Out Cardio	Dynamic Stretch
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Drills with Bodyweight + Standing Abs	Total Body Bootcamp	Lower Body	Boom Speed	Upper Body	Full Body	Dynamic Stretch
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Core	Lower Body	Max Out Cardio	Upper Body + Standing Abs	Boom Speed	Total Body Bootcamp	Dynamic Stretch