



RHYTHM
FIT

BASIC WORKOUT SCHEDULE

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