



BASIC WORKOUT SCHEDULE

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