



RHYTHM
FIT

BEGINNER WORKOUT SCHEDULE

DAY 1	<u>Basics</u>
DAY 2	<u>Drills with Bodyweight</u>
DAY 3	<u>Core</u>
DAY 4	<u>Drills with Weights</u>
DAY 5	<u>Lower Body</u>
DAY 6	<u>Upper Body</u>
DAY 7	<u>Recovery or Dynamic Stretch</u>
DAY 8	<u>Drills with Weights</u>
DAY 9	<u>Full Body</u>
DAY 10	<u>Lower Body</u>
DAY 11	<u>Drills with Bodyweight</u>
DAY 12	<u>Upper Body</u>
DAY 13	<u>Core</u>
DAY 14	<u>Recovery or Dynamic Stretch</u>