



ULTABAND
BY BODY FX

ADVANCED WORKOUT SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Ultimate Lower Body	Ultimate Upper Body	Booty	Ultimate Core	Arms & Abs	Ultimate Full Body	Stretch
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Total Body	Ultimate Core	Ultimate Lower Body	Standing Core	Ultimate Full Body	Ultimate Upper Body	Stretch
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Ultimate Full Body	Legs	Ultimate Upper Body	Ultimate Lower Body	Total Body	Ultimate Core	Stretch
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Booty	Ultimate Upper Body	Ultimate Core	Arms & Abs	Ultimate Lower Body	Ultimate Full Body	Stretch