

# BASIC WORKOUT SCHEDULE

DAY 1	<u>Legs</u>
DAY 2	<u>Arms &amp; Abs</u>
DAY 3	<u>Booty</u>
DAY 4	<u>Abs Pump</u> + <u>Upper Pump</u>
DAY 5	<u>Total Body</u>
DAY 6	<u>Standing Core</u>
DAY 7	<u>Stretch</u>
DAY 8	<u>Booty</u>
DAY 9	<u>Total Body</u>
DAY 10	<u>Standing Core</u>
DAY 11	<u>Lower Pump</u> + <u>Glutes Pump</u> + <u>Abs Pump</u>
DAY 12	<u>Arms &amp; Abs</u>
DAY 13	<u>Legs</u>
DAY 14	<u>Stretch</u>
DAY 15	<u>Standing Core</u>
DAY 16	<u>Legs</u>
DAY 17	<u>Arms &amp; Abs</u>
DAY 18	<u>Total Body</u>
DAY 19	<u>Upper Pump</u> + <u>Lower Pump</u> + <u>Abs Pump</u>
DAY 20	<u>Booty</u>
DAY 21	<u>Stretch</u>
DAY 22	<u>Total Body</u>
DAY 23	<u>Arms &amp; Abs</u>
DAY 24	<u>Legs</u>
DAY 25	<u>Booty</u>
DAY 26	<u>Standing Core</u>
DAY 27	<u>Abs Pump</u> + <u>Lower Pump</u> + <u>Glutes Pump</u> + <u>Upper Pump</u>
DAY 28	<u>Stretch</u>