



ULTABAND
BY BODY FX

BASIC WORKOUT SCHEDULE

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