



ULTABAND
BY BODY FX

BEGINNER WORKOUT SCHEDULE

DAY 1	<u>Intro</u> + <u>Basics</u> + <u>Glutes Pump</u>
DAY 2	<u>Abs Pump</u>
DAY 3	<u>Lower Pump</u> + <u>Standing Core</u>
DAY 4	<u>Upper Pump</u>
DAY 5	<u>Abs Pump</u> + <u>Glutes Pump</u>
DAY 6	<u>Upper Pump</u> + <u>Booty</u>
DAY 7	<u>Stretch</u>
DAY 8	<u>Abs Pump</u>
DAY 9	<u>Lower Pump</u> + <u>Arms & Abs</u>
DAY 10	<u>Upper Pump</u>
DAY 11	<u>Glutes Pump</u> + <u>Legs</u>
DAY 12	<u>Upper Pump</u> + <u>Lower Pump</u>
DAY 13	<u>Abs Pump</u> + <u>Total Body</u>
DAY 14	<u>Stretch</u>