



ULTABAND
BY BODY FX

BEGINNER WORKOUT SCHEDULE

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