



BEGINNER WORKOUT SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1 Minute Warm Up 1 Minute Shoulders 1 Minute Chest 1 Minute Back 1 Minute Cool Down	1 Minute Warm Up 1 Minute Legs Thighs 1 Minute Triceps 1 Minute Abs Standing 1 Minute Cardio Blast Ninja Kicks 1 Minute Cool Down	1 Minute Warm Up 1 Minute Cardio Blast Punches 1 Minute Buttocks 1 Minute Calves 1 Minute Biceps 1 Minute Abs Floor 1 Minute Cool Down	1 Minute Warm Up 6 Minute Chest 1 Minute Back 1 Minute Abs Standing 1 Minute Cool Down	1 Minute Warm Up 6 Minute Legs 6 Minute Fat Blast 1 Minute Cool Down	1 Minute Warm Up 6 Minute Shoulders 6 Minute Fast Abs 1 Minute Triceps 1 Minute Biceps 6 Minute Cool Down	Rest
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
6 Minute Warm Up 1 Minute Shoulders 6 Minute Back 6 Minute Buns 1 Minute Calves 1 Minute Cool Down	6 Minute Warm Up 6 Minute Ab Sculpt 1 Minute Cardio Blast Ninja Kicks 6 Minute Arms 6 Minute Cool Down	6 Minute Warm Up 6 Minute Fat Blast 1 Minute Back 6 Minute Buns 1 Minute Cardio Blast Punches 6 Minute Cool Down	6 Minute Warm Up 1 Minute Legs Thighs 1 Minute Buttocks 6 Minute Fast Abs 1 Minute Chest 1 Minute Shoulders 6 Minute Cool Down	6 Minute Warm Up 6 Minute Arms 6 Minute Buns 1 Minute Biceps 1 Minute Abs Standing 1 Minute Calves 1 Minute Cool Down	6 Minute Warm Up 1 Minute Legs Thighs 1 Minute Buttocks 6 Minute Fast Abs 1 Minute Chest 1 Minute Shoulders 6 Minute Cool Down	Rest