



BEGINNER WORKOUT SCHEDULE

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