



# BASIC WORKOUT SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
6 Min Warm Up 1 Min Back 1 Min Biceps 1 Min Triceps 6 Min Cool Down	6 Min Warm Up 1 Min Legs Thighs 1 Min Buttocks 1 Min Calves 6 Min Cool Down	6 Min Warm Up 1 Min Cardio Blast Ninja Kicks 1 Min Abs Standing 1 Min Abs Floor 6 Min Cool Down	6 Min Warm Up 1 Min Shoulders 1 Min Chest 1 Min Cardio Blast Punches 6 Min Cool Down	6 Min Warm Up 1 Min Legs Thighs 1 Min Buttocks 1 Min Cardio Blast Ninja Kicks 6 Min Cool Down	6 Min Warm Up 1 Min Cardio Blast Punches 1 Min Abs Standing 1 Min Abs Floor 6 Min Cool Down	Rest
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
1 Min Warm Up 1 Min Abs Floor 6 Min Sculpt Total Body 1 Min Abs Standing 6 Min Cool Down	1 Min Warm Up 1 Min Buttocks 1 Min Legs Thighs 1 Min Calves 6 Min Cool Down	1 Min Warm Up 1 Min Back 6 Min Sculpt Upper Body 1 Min Biceps 6 Min Cool Down	1 Min Warm Up 1 Min Cardio Blast Punches 6 Min Fat Blast 1 Min Cardio Blast Ninja Kicks 6 Min Cool Down	1 Min Warm Up 1 Min Legs Thighs 6 Min Sculpt Lower Body 1 Min Calves 6 Min Cool Down	1 Min Warm Up 1 Min Shoulders 6 Min Chest 1 Min Triceps 6 Min Cool Down	Rest
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
6 Min Warm Up 1 Min Legs Thighs 6 Min Buns 6 Min Sculpt Lower Body 1 Min Cool Down	6 Min Warm Up 1 Min Shoulders 6 Min Back 6 Min Arms 1 Min Cool Down	6 Min Warm Up 1 Min Cardio Blast Punches 6 Min Sculpt Core Floor 6 Min Sculpt Total Body 1 Min Cool Down	6 Min Warm Up 1 Min Buttocks 6 Min Sculpt Lower Body 6 Min Legs 1 Min Cool Down	6 Min Warm Up 1 Min Triceps 6 Min Shoulders 6 Min Chest 1 Min Cool Down	6 Min Warm Up 1 Min Abs Floor 6 Minute Ab Sculpt 6 Min Sculpt Core Standing 1 Min Cool Down	Rest
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
6 Min Warm Up 6 Min Fat Blast 6 Min Sculpt Core Floor 1 Min Cardio Blast Punches 6 Min Cool Down	6 Min Warm Up 6 Min Back 6 Min Shoulders 1 Min Biceps 6 Min Cool Down	6 Min Warm Up 6 Min Buns 6 Min Sculpt Lower Body 1 Min Calves 6 Min Cool Down	6 Min Warm Up 6 Min Sculpt Core Standing 6 Min Fast Abs 1 Min Cardio Blast Ninja Kicks 6 Min Cool Down	6 Min Warm Up 6 Min Sculpt Upper Body 6 Min Arms 1 Min Chest 6 Min Cool Down	6 Min Warm Up 6 Min Legs 6 Min Buns 1 Min Cardio Blast Ninja Kicks 6 Min Cool Down	Rest