

BASIC WORKOUT SCHEDULE

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