



Dá·Yo
BY BODY FX

ADVANCED WORKOUT SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Flow Basics	Balance	Core Cardio	Stretch	Sculpt	Yoga 101 Sun Salutation	Breath Meditation
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Flow Burn	Core	Yoga 101 Hips	Warrior Flow	Balance	Stretch	Moving Meditation
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Sculpt	Flow Basics	Flow Burn	Core Cardio	Yoga 101 Sun Salutation + Yoga 101 Hips	Warrior Flow	Breath Meditation
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Balance	Core	Stretch	Warrior Flow	Sculpt	Core Cardio	Moving Meditation