



Dá·Yo
BY BODY FX

ADVANCED WORKOUT SCHEDULE

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