



**Dá·Yo**  
BY BODY FX

# BASIC WORKOUT SCHEDULE

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