



# BEGINNER WORKOUT SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
3 Core Moves + Tips + Layering	Layering + Signature Moves	One-on-One Part 1	One-on-One Part 2	Dance Max Drills	Core Cardio Learn	Recovery
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Dance Max Drills	Core Cardio Learn	10 Min Abs	Core Cardio Burn	Stretch & Flex	Core Cardio Blast	Recovery