

BEGINNER WORKOUT SCHEDULE

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