

# ADVANCED WORKOUT SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Core Cardio Burn	Upper Body Sculpt + Dance Plyo 1	Stretch & Flex	Core Cardio Blast	Lower Body Sculpt + Dance Plyo 1	10 Min Abs + Broadway Body Burn	Recovery
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Jaana Rhythms Toning	Upper Body Sculpt + Sexy Abs Extreme	Core Cardio Blast	Lower Body Sculpt + Dance Plyo 2	Dance Max Drills	Upper Body Sculpt + Dance Plyo 2	Recovery
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Core Cardio Burn	Lower Body Sculpt + Sexy Abs Extreme	Jaana Rhythms Toning	Upper Body Sculpt + Dance Plyo 1	Core Cardio Blast	Dance Plyo 2 + Broadway Body Burn	Recovery
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Jaana Rhythms Toning	Lower Body Sculpt + Broadway Body Burn	Sexy Abs Extreme + Stretch & Flex	Upper Body Sculpt + Dance Plyo 2	Core Cardio Blast	Core Cardio Burn + Final Measurements	Recovery