



# BASIC WORKOUT SCHEDULE

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