

BASIC WORKOUT SCHEDULE

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