

100 DAY SCHEDULE

DAY 1	**Dance Max Drills
DAY 2	*Core Cardio Learn
DAY 3	One-On-One Part 1
DAY 4	**Dance Max Drills
DAY 5	*Core Cardio Learn
DAY 6	One-On-One Part 2
DAY 7	Recovery
DAY 8	*Core Cardio Learn
DAY 9	Lower Body Sculpt
DAY 10	**Dance Max Drills
DAY 11	*Core Cardio Learn
DAY 12	10 Min ABS + One-On-One Part 1
DAY 13	Lower Body Sculpt
DAY 14	Recovery
DAY 15	*Core Cardio Burn

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DAY 16	*Core Cardio Learn
DAY 17	*Core Cardio Burn
DAY 18	10 Min ABS + One-On-One Part 2
DAY 19	Rhythms Toning
DAY 20	**Dance Max Drills
DAY 21	Recovery
DAY 22	Lower Body Sculpt
DAY 23	Figure 8 Elite Cardio Twist
DAY 24	*Core Cardio Burn
DAY 25	Stretch & Flex
DAY 26	Rhythms Toning
DAY 27	*Core Cardio Burn
DAY 28	Recovery
DAY 29	Figure 8 Elite Cardio Twist
DAY 30	Upper Body Sculpt

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DAY 31	Figure 8 PRO Cardio 01
DAY 32	Upper Body Sculpt
DAY 33	Broadway Body Burn + Abs Extreme
DAY 34	*Core Cardio Blast
DAY 35	Recovery
DAY 36	*Core Cardio Burn
DAY 37	Stretch & Flex
DAY 38	Upper Body Sculpt
DAY 39	Broadway Body Burn
DAY 40	Figure 8 Elite Cardio Twist
DAY 41	*Core Cardio Blast
DAY 42	Recovery
DAY 43	*Core Cardio Burn
DAY 44	Upper Body Sculpt
DAY 45	Figure 8 PRO Cardio 03

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DAY 46	10 min ABS + Stretch & Flex
DAY 47	Lower Body Sculpt
DAY 48	Figure 8 PRO Cardio 04
DAY 49	Recovery
DAY 50	*Core Cardio Blast
DAY 51	Upper Body Sculpt
DAY 52	Broadway Body Burn
DAY 53	Figure 8 PRO Cardio 05
DAY 54	Rhythms Toning
DAY 55	*Core Cardio Burn
DAY 56	Recovery
DAY 57	Dance Plyo 1 Instruction + Dance Plyo 1
DAY 58	*Core Cardio Blast
DAY 59	Upper Body Sculpt
DAY 60	Dance Plyo 2 Instruction + Dance Plyo 2

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DAY 61	Figure 8 PRO Cardio 06
DAY 62	*Core Cardio Blast
DAY 63	Stretch & Flex
DAY 64	Rhythms Toning + 10 Min ABS
DAY 65	Upper Body Sculpt
DAY 66	Dance Plyo 1 + Abs Extreme
DAY 67	Figure 8 Elite Cardio Twist
DAY 68	**Dance Max Drills
DAY 69	Broadway Body Burn + 10 Min ABS
DAY 70	Stretch & Flex OR Recovery Day (You decide)
DAY 71	Rhythms Toning
DAY 72	Dance Plyo 2 + Abs Extreme
DAY 73	*Core Cardio Burn
DAY 74	Upper Body Sculpt + Stretch & Flex
DAY 75	*Core Cardio Blast

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DAY 76	Dance Plyo 2 + 10 Min ABS
DAY 77	**Dance Max Drills
DAY 78	Recovery
DAY 79	Broadway Body Burn + Abs Extreme
DAY 80	Figure 8 PRO Cardio 07
DAY 81	Lower Body Sculpt
DAY 82	*Core Cardio Blast
DAY 83	Figure 8 Elite Cardio Twist
DAY 84	Upper Body Sculpt
DAY 85	Recovery
DAY 86	Stretch & Flex
DAY 87	Figure 8 PRO Cardio 07
DAY 88	Rhythms Toning + 10 min ABS
DAY 89	Broadway Body Burn + Stretch & Flex
DAY 90	Upper Body Sculpt + Abs Extreme

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DAY 91	*Core Cardio Burn
DAY 92	Recovery
DAY 93	Broadway Body Burn + Dance Plyo 2
DAY 94	*Core Cardio Blast
DAY 95	Figure 8 Elite Cardio Twist
DAY 96	*Core Cardio Burn
DAY 97	Upper Body Sculpt + 10 Min Abs
DAY 98	*Core Cardio Blast
DAY 99	Recovery
DAY 100	Plyo 2 + Abs Extreme

CONGRATULATIONS 🙌🙌🙌

*To follow Jaana from the back view, go to:
 Core Cardio Learn Back View
 Core Cardio Burn Back View
 Core Cardio Blast Back View
 Core Cardio Broadway Body Burn Back View

**For modifications watch:
 Dance Max Drills Modification