

# 100 DAY SCHEDULE

DAY 1	<b>**Dance Max Drills</b>
DAY 2	<b>*Core Cardio Learn</b>
DAY 3	<b>One-On-One Part 1</b>
DAY 4	<b>**Dance Max Drills</b>
DAY 5	<b>*Core Cardio Learn</b>
DAY 6	<b>One-On-One Part 2</b>
DAY 7	Recovery
DAY 8	<b>*Core Cardio Learn</b>
DAY 9	<b>Lower Body Sculpt</b>
DAY 10	<b>**Dance Max Drills</b>
DAY 11	<b>*Core Cardio Learn</b>
DAY 12	<b>10 Min ABS + One-On-One Part 1</b>
DAY 13	<b>Lower Body Sculpt</b>
DAY 14	Recovery
DAY 15	<b>*Core Cardio Burn</b>
DAY 16	<b>*Core Cardio Learn</b>
DAY 17	<b>*Core Cardio Burn</b>
DAY 18	<b>10 Min ABS + One-On-One Part 2</b>
DAY 19	<b>Rhythms Toning</b>
DAY 20	<b>**Dance Max Drills</b>
DAY 21	Recovery
DAY 22	<b>Lower Body Sculpt</b>
DAY 23	<b>Figure 8 Elite Cardio Twist</b>
DAY 24	<b>*Core Cardio Burn</b>
DAY 25	<b>Stretch &amp; Flex</b>
DAY 26	<b>Rhythms Toning</b>
DAY 27	<b>*Core Cardio Burn</b>
DAY 28	Recovery
DAY 29	<b>Figure 8 Elite Cardio Twist</b>
DAY 30	<b>Upper Body Sculpt</b>
DAY 31	<b>Figure 8 PRO Cardio 01</b>
DAY 32	<b>Upper Body Sculpt</b>
DAY 33	<b>Broadway Body Burn + Abs Extreme</b>
DAY 34	<b>*Core Cardio Blast</b>
DAY 35	Recovery
DAY 36	<b>*Core Cardio Burn</b>
DAY 37	<b>Stretch &amp; Flex</b>
DAY 38	<b>Upper Body Sculpt</b>
DAY 39	<b>Broadway Body Burn</b>
DAY 40	<b>Figure 8 Elite Cardio Twist</b>
DAY 41	<b>*Core Cardio Blast</b>
DAY 42	Recovery
DAY 43	<b>*Core Cardio Burn</b>
DAY 44	<b>Upper Body Sculpt</b>
DAY 45	<b>Figure 8 PRO Cardio 03</b>
DAY 46	<b>10 min ABS + Stretch &amp; Flex</b>
DAY 47	<b>Lower Body Sculpt</b>
DAY 48	<b>Figure 8 PRO Cardio 04</b>
DAY 49	Recovery
DAY 50	<b>*Core Cardio Blast</b>
DAY 51	<b>Upper Body Sculpt</b>
DAY 52	<b>Broadway Body Burn</b>
DAY 53	<b>Figure 8 PRO Cardio 05</b>
DAY 54	<b>Rhythms Toning</b>
DAY 55	<b>*Core Cardio Burn</b>
DAY 56	Recovery
DAY 57	<b>Dance Plyo 1 Instruction + Dance Plyo 1</b>
DAY 58	<b>*Core Cardio Blast</b>
DAY 59	<b>Upper Body Sculpt</b>
DAY 60	<b>Dance Plyo 2 Instruction + Dance Plyo 2</b>
DAY 61	<b>Figure 8 PRO Cardio 06</b>
DAY 62	<b>*Core Cardio Blast</b>
DAY 63	<b>Stretch &amp; Flex</b>
DAY 64	<b>Rhythms Toning + 10 Min ABS</b>
DAY 65	<b>Upper Body Sculpt</b>
DAY 66	<b>Dance Plyo 1 + Abs Extreme</b>
DAY 67	<b>Figure 8 Elite Cardio Twist</b>
DAY 68	<b>**Dance Max Drills</b>
DAY 69	<b>Broadway Body Burn + 10 Min ABS</b>
DAY 70	<b>Stretch &amp; Flex OR Recovery Day (You decide)</b>
DAY 71	<b>Rhythms Toning</b>
DAY 72	<b>Dance Plyo 2 + Abs Extreme</b>
DAY 73	<b>*Core Cardio Burn</b>
DAY 74	<b>Upper Body Sculpt + Stretch &amp; Flex</b>
DAY 75	<b>*Core Cardio Blast</b>
DAY 76	<b>Dance Plyo 2 + 10 Min ABS</b>
DAY 77	<b>**Dance Max Drills</b>
DAY 78	Recovery
DAY 79	<b>Broadway Body Burn + Abs Extreme</b>
DAY 80	<b>Figure 8 PRO Cardio 07</b>
DAY 81	<b>Lower Body Sculpt</b>
DAY 82	<b>*Core Cardio Blast</b>
DAY 83	<b>Figure 8 Elite Cardio Twist</b>
DAY 84	<b>Upper Body Sculpt</b>
DAY 85	Recovery
DAY 86	<b>Stretch &amp; Flex</b>
DAY 87	<b>Figure 8 PRO Cardio 07</b>
DAY 88	<b>Rhythms Toning + 10 min ABS</b>
DAY 89	<b>Broadway Body Burn + Stretch &amp; Flex</b>
DAY 90	<b>Upper Body Sculpt + Abs Extreme</b>
DAY 91	<b>*Core Cardio Burn</b>
DAY 92	Recovery
DAY 93	<b>Broadway Body Burn + Dance Plyo 2</b>
DAY 94	<b>*Core Cardio Blast</b>
DAY 95	<b>Figure 8 Elite Cardio Twist</b>
DAY 96	<b>*Core Cardio Burn</b>
DAY 97	<b>Upper Body Sculpt + 10 Min Abs</b>
DAY 98	<b>*Core Cardio Blast</b>
DAY 99	Recovery
DAY 100	<b>Plyo 2 + Abs Extreme</b>

## 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](#)