



WORKOUT SCHEDULE

Week	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	Shoulder Shredder	Lower Body Blast	TKO Fat Blast	Bicep Builder	Lean Legs	Crazy Circuit Cardio	Rest
2	10 Min Total Body + Kiss My Abs Express	Lean Legs	Total Upper Body	Fusion Stretch	Lower Body Blast	Shoulder Shredder	Rest
3	Lower Body Blast	Bicep Builder	Crazy Circuit Cardio	Lean Legs	Fusion Stretch	Shoulder Shredder	Rest
4	TKO Fat Blast	Total Upper Body	Lean Legs	10 Min Total Body + Kiss My Abs Express	Bicep Builder	Lower Body Blast	Rest



WORKOUT SCHEDULE

Week	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
5	Total Upper Body	Lower Body Blast	Fusion Stretch + Kiss My Abs Express	Shoulder Shredder	Lean Legs	TKO Fat Blast + Kiss My Abs Express	Rest
6	Crazy Circuit Cardio + Kiss My Abs Express	Lean Legs	Shoulder Shredder	TKO Fat Blast + Kiss My Abs Express	Lower Body Blast	Bicep Builder	Rest
7	Lower Body Blast	Bicep Builder + Kiss My Abs Express	TKO Fat Blast	Lean Legs	Fusion Stretch + Kiss My Abs Express	Total Upper Body	Rest
8	Crazy Circuit Cardio	Shoulder Shredder	Lean Legs + Kiss My Abs Express	TKO Fat Blast	Bicep Builder	Lower Body Blast + Kiss My Abs Express	Rest