



DAY 1	<u>Intro + Basics + Glutes Pump</u>
DAY 2	<u>Abs Pump</u>
DAY 3	<u>Lower Pump + Standing Core</u>
DAY 4	<u>Upper Pump</u>
DAY 5	<u>Abs Pump + Glutes Pump</u>
DAY 6	<u>Upper Pump + Booty</u>
DAY 7	<u>Stretch</u>
DAY 8	<u>Abs Pump</u>
DAY 9	<u>Lower Pump + Arms & Abs</u>
DAY 10	<u>Upper Pump</u>
DAY 11	<u>Glutes Pump + Legs</u>
DAY 12	<u>Upper Pump + Lower Pump</u>
DAY 13	<u>Abs Pump + Total Body</u>
DAY 14	<u>Stretch</u>
DAY 15	<u>Legs</u>
DAY 16	<u>Arms & Abs</u>
DAY 17	<u>Booty</u>
DAY 18	<u>Abs Pump + Upper Pump</u>
DAY 19	<u>Total Body</u>
DAY 20	<u>Standing Core</u>
DAY 21	<u>Stretch</u>
DAY 22	<u>Booty</u>
DAY 23	<u>Total Body</u>
DAY 24	<u>Standing Core</u>
DAY 25	<u>Lower Pump + Glutes Pump + Abs Pump</u>
DAY 26	<u>Arms & Abs</u>
DAY 27	<u>Legs</u>
DAY 28	<u>Stretch</u>
DAY 29	<u>Standing Core</u>
DAY 30	<u>Legs</u>
DAY 31	<u>Arms & Abs</u>
DAY 32	<u>Total Body</u>
DAY 33	<u>Upper Pump + Lower Pump + Abs Pump</u>
DAY 34	<u>Booty</u>
DAY 35	<u>Stretch</u>
DAY 36	<u>Total Body</u>
DAY 37	<u>Arms & Abs</u>
DAY 38	<u>Legs</u>
DAY 39	<u>Booty</u>
DAY 40	<u>Standing Core</u>
DAY 41	<u>Abs Pump + Lower Pump + Glutes Pump + Upper Pump</u>
DAY 42	<u>Stretch</u>
DAY 43	<u>Ultimate Lower Body</u>
DAY 44	<u>Ultimate Upper Body</u>
DAY 45	<u>Booty</u>
DAY 46	<u>Ultimate Core</u>
DAY 47	<u>Arms & Abs</u>
DAY 48	<u>Ultimate Full Body</u>
DAY 49	<u>Stretch</u>
DAY 50	<u>Total Body</u>
DAY 51	<u>Ultimate Core</u>
DAY 52	<u>Ultimate Lower Body</u>
DAY 53	<u>Standing Core</u>
DAY 54	<u>Ultimate Full Body</u>
DAY 55	<u>Ultimate Upper Body</u>
DAY 56	<u>Stretch</u>
DAY 57	<u>Ultimate Full Body</u>
DAY 58	<u>Legs</u>
DAY 59	<u>Ultimate Upper Body</u>
DAY 60	<u>Ultimate Lower Body</u>
DAY 61	<u>Total Body</u>
DAY 62	<u>Ultimate Core</u>
DAY 63	<u>Stretch</u>
DAY 64	<u>Booty</u>
DAY 65	<u>Ultimate Upper Body</u>
DAY 66	<u>Ultimate Core</u>
DAY 67	<u>Arms & Abs</u>
DAY 68	<u>Ultimate Lower Body</u>
DAY 69	<u>Ultimate Full Body</u>
DAY 70	<u>Stretch</u>
DAY 71	<u>Standing Core + Upper Pump</u>
DAY 72	<u>Legs</u>
DAY 73	<u>Arms & Abs + Glutes Pump</u>
DAY 74	<u>Total Body</u>
DAY 75	<u>Ultimate Core</u>
DAY 76	<u>Booty</u>
DAY 77	<u>Stretch</u>
DAY 78	<u>Ultimate Full Body</u>
DAY 79	<u>Legs + Abs Pump</u>
DAY 80	<u>Ultimate Upper Body</u>
DAY 81	<u>Ultimate Lower Body</u>
DAY 82	<u>Total Body</u>
DAY 83	<u>Standing Core + Lower Pump</u>
DAY 84	<u>Stretch</u>
DAY 85	<u>Legs</u>
DAY 86	<u>Arms & Abs</u>
DAY 87	<u>Booty + Upper Pump</u>
DAY 88	<u>Ultimate Full Body</u>
DAY 89	<u>Ultimate Core</u>
DAY 90	<u>Total Body</u>
DAY 91	<u>Stretch</u>
DAY 92	<u>Ultimate Lower Body</u>
DAY 93	<u>Ultimate Upper Body</u>
DAY 94	<u>Booty + Abs Pump</u>
DAY 95	<u>Standing Core</u>
DAY 96	<u>Arms & Abs + Glutes Pump</u>
DAY 97	<u>Legs + Upper Pump</u>
DAY 98	<u>Stretch</u>
DAY 99	<u>Ultimate Core + Lower Pump</u>
DAY 100	<u>Ultimate Full Body + Abs Pump</u>