

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Dynamic Strength	Cardio Extreme	Legs and Butt Shaper	Metabolic Booster	REST	Total Body Shred	Cardio Burn
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
REST	Lower Body Blast	Total Body Shred	Legs and Butt Shaper	REST	Toned Abs and Arms + Maximum HIIT	Cardio Crush
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
REST	Cardio Extreme + Total Body Shred	Lower Body Blast	Metabolic Booster + Legs and Butt Shaper	Dynamic Strength	Cardio Crush + Lower Body Blast	REST
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Cardio Extreme + Total Body Shred	Cardio Burn + Toned Abs and Arms	Maximum HIIT + Legs and Butt Shaper	REST	Cardio Crush + Lower Body Blast	REST	Dynamic Strength + Metabolic Booster
DAY 29	DAY 30					
Cardio Crush + Cardio Extreme	Legs and Butt Shaper + Total Body Shred					