

# 21 Day **FIX** EXTREME

| SUNDAY              | MONDAY                                          | TUESDAY              | WEDNESDAY              | THURSDAY             | FRIDAY                | SATURDAY                           |
|---------------------|-------------------------------------------------|----------------------|------------------------|----------------------|-----------------------|------------------------------------|
|                     | Piyo Fix<br>Extreme<br>Pwer Strength<br>Extreme | Upper Fix<br>Extreme | Pilates Fix<br>Extreme | Lower Fix<br>Extreme | Cardio Fix<br>Extreme | Dirty 30<br>Extreme<br>ABC Extreme |
| Yoga Fix<br>Extreme | Piyo Fix<br>Extreme<br>Pwer Strength<br>Extreme | Upper Fix<br>Extreme | Pilates Fix<br>Extreme | Lower Fix<br>Extreme | Cardio Fix<br>Extreme | Dirty 30<br>Extreme<br>ABC Extreme |
| Yoga Fix<br>Extreme | Piyo Fix<br>Extreme<br>Pwer Strength<br>Extreme | Upper Fix<br>Extreme | Pilates Fix<br>Extreme | Lower Fix<br>Extreme | Cardio Fix<br>Extreme | Dirty 30<br>Extreme<br>ABC Extreme |
| Yoga Fix<br>Extreme |                                                 |                      |                        |                      |                       |                                    |
|                     |                                                 |                      |                        |                      |                       |                                    |