

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	30 Minute Blazing Weight Loss Workout	20 Minute Home Weight Training	10 Minute Weight Loss Workout + 10 Minute High Intensity Abs	OFF	12 Minute Tabata Workout + 9 Minute Arm Workout	10 Minute Isometric Workout + 30 Minute Yoga Cardio Workout	8 Minute Ab Ripper X + 15 Minute Dumbbell Workout
Week 2	30 Minute Afterburn Workout	7 Minute Plank Workout + 8 Minute Boot Camp Workout + 15 Minute Conditioning	30 Minute HIIT Workout	OFF	20 Minute Lower Body Workout + 20 Minute Upper Body Workout	20 Minute Cardio Shred + 6 Minute Killer Abs Workout	20 Minute MMA Training
Week 3	12 Minute Blitz Back and Biceps Workout + 12 Devastation Leg Workout + 12 Minute Crushing Chest and Triceps Workout	30 Minute Annihilation Cardio Abs Workout	20 Minute Execution Calisthenics Workout OR (if you don't have a pull up bar) 30 Minute Ultimate Warrior Workout	OFF	30 Minute Scorching Weight Loss Workout	60 Minutes of Aerobic Exercise (Running, Biking, Swimming, Elliptical, etc) + 6 Minute Killer Abs Workout	OFF
Week 4	30 Minute Workout without Weights	15 Minute Wrecking HIIT Training + 10 Minute Standing Abs Workout	20 Minute Ultimate Fitness Workout + 5 Minute Oblique Workout	OFF	20 Minute MMA Training	10 Minute Hurricane High Intensity Workout + 20 Minute Body Weight Workout	OFF
Week 5	20 Minute Push Up Workout + 6 Minute Plank Happy Ab Workout	20 Minute Cardio Burn Workout	60 Minutes of Aerobic Exercise (Running, Biking, Swimming, Elliptical, etc) + 7 minute flat stomach	OFF	300 Biceps Workout + 8 Minute Leg Workout +	20 Minute Hot Feet Workout	15 Minute High Intensity Interval Training + 10 Minute Demolition Abs

			workout		300 Triceps Workout		Workout
Week 6	30 Minute Destruction Workout	10 Minute Home Back Workout + 10 Minute Butt Blaster Workout + 10 Minute Chest Arrest Workout + 5 Minute Calf Workout	10 Minute Six Pack Workout + 15 Minute Sweat is Fat Crying Workout	OFF	10 Minute Ultimate Warrior Challenge	30 Minute Killer Exercises to Get Rid of Fat	OFF
Week 7	15 Minute Atomic Calisthenics Workout OR (if you don't have a pull up bar) 20 Minute Warrior Workout Part 2	15 Minute Conditioning at Home + 6 Minute Ab Burnout + Interval Walk / Jog / Sprint	30 Minute Fat Blazing Weight Loss Workout	OFF	20 Minute Cardio Assassin Training	10 Minute Isometric Workout + 9 Minute Arm Workout	OFF
Week 8	12 Minute Tabata Workout	20 Minute Home Weight Training + 10 Minute High Intensity Abs	30 Minute Yoga Cardio Workout + 8 Minute Ab Ripper X	OFF	20 Minute Push Up Workout + 8 Minute Pull Up Workout OR (if you don't have a pull up bar) 8 Minute Back Attack Workout	30 Minute HIIT Workout	60 Minutes of Aerobic Exercise (Running, Biking, Swimming, Elliptical, etc)
Week 9	20 Minute Lower Body Workout + 20 Minute Upper Body Workout	20 Minute Cardio Shred + 7 Minute Plank Workout	30 Minute Afterburn Workout	OFF	12 Minute Blitz Back and Biceps Workout + 8 Minute Boot Camp Workout	12 Devastation Leg Workout + 10 Minute Weight Loss Workout	12 Minute Crushing Chest and Triceps Workout + 6 Minute Killer Abs Workout
Week 10	Interval Walk / Jog / Sprint	15 Minute Dumbbell Workout	30 Minute Afterburn Workout	OFF	20 Minute MMA Training	300 Biceps Workout	OFF