

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



March

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Week 6 Core

11

Ultimate Power
Yoga

12

Week 6 Resistance

13

Bike

14

Week 6 Cardio

15

Bike

16

Legs and Thighs

17

Yoga Meltdown

18

Arms and Shoul-
ders

19

Bike or Gym

20

Fast Fat Burn

21

Butt and Hips

22

Chest and Back

23

Ultimate Power
Yoga

24

Legs and Thighs

25

Arms and Shoul-
ders

26

Bike or Gym

27

Fast Abs

28

Chest and Back

29

Butt and Hips

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Yoga Meltdown

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Ultimate Power
Yoga

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