

CIRCUIT BURNOUT

DR. MONIQUE ST. PIERRE

Week: 1 2 3

- Day 1: Upper Body Circuit
- Day 2: Sport Yoga: Lower Body
- Day 3: Total Body Circuit
- Day 4: Sport Yoga: Upper Body
- Day 5: Lower Body Circuit
- Day 6: Abs & Burn
- Day 7: Off

Week: 7 8 9

- Day 7: Total Body Circuit
- Day 8: Sport Yoga: Upper Body
- Day 9: Lower Body Toning
- Day 10: Upper Body Circuit
- Day 11: Off
- Day 12: Lower Body Circuit
- Day 13: Abs & Assets

Week: 4 5 6

- Day 4: Upper Body Toning
- Day 5: Abs & Assets
- Day 6: Total Body Toning
- Day 7: Lower Body Toning
- Day 8: Abs & Burn
- Day 9: Off
- Day 10: Sport Yoga: Lower Body

Week: 10 11 12

- Day 10: Upper Body Toning
- Day 11: Sport Yoga: Lower Body
- Day 12: Total Body Toning
- Day 13: Abs & Burn
- Day 14: Lower Body Toning
- Day 15: Upper Body Circuit
- Day 16: Off

Week: 13

- Day 13: Abs & Assets
- Day 14: Sport Yoga: Upper Body
- Day 15: Total Body Circuit
- Day 16: Upper Body Toning
- Day 17: Lower Body Circuit
- Day 18: Total Body Toning
- Day 19: Goal Achieved

