

CIRCUIT BURNOUT

DR. MONIQUE ST. PIERRE

Week:	1	2	3	Week:	4	5	6
Day 01	Upper Body Circuit			Day 01	Upper Body Toning		
Day 02	Sport Yoga: Lower Body			Day 02	Abs & Assets		
Day 03	Total Body Circuit			Day 03	Total Body Toning		
Day 04	Sport Yoga: Upper Body			Day 04	Lower Body Toning		
Day 05	Lower Body Circuit			Day 05	Abs & Burn		
				Day 06	Off		
				Day 07	Sport Yoga: Lower Body		
Week:	7	8	9	Week:	10	11	12
Day 01	Upper Body Circuit			Day 01	Upper Body Toning		
Day 02	Sport Yoga: Upper Body			Day 02	Sport Yoga: Lower Body		
Day 03	Lower Body Toning			Day 03	Total Body Toning		
Day 04	Total Body Circuit			Day 04	Abs & Burn		
Day 05	Lower Body Circuit			Day 05	Lower Body Toning		
Day 06	Upper Body Circuit			Day 06	Upper Body Circuit		
Day 07	Abs & Assets			Day 07	Off		
				Day 08	Abs & Assets		
				Day 09	Sport Yoga: Upper		
				Day 10	Total Body Circuit		
				Day 11	Upper Body Toning		
				Day 12	Lower Body Circuit		
					Total Body Toning		
					Goal Achieved		

