

My Workout Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12 REST	13 Learn and Burn 30 min	14 Turbo Sculpt 40 min	15 Booty Sculpt + Abs 30 min	16 3T 35 min	17 20 Min workout	18 REST
19 REST	20 Cardio Party 45 min	21 3T 35 min	22 Ab Jam 20 min	23 Punch, Kick, & Jam 50 min	24 Fat Blaster 30 min	25 REST
26 REST	27 Learn and Burn 30 min	28 Turbo Sculpt 40 min	29 20 Min workout	30 3T 35 min	31 Cardio Party mix 3 50 min	1 REST
2 REST	3 Booty Sculpt + Abs 30 min	4 Punk, Kick, & Jam 50 min	5 Fat Blaster 30 Min	6 Turbo Sculpt 40 min	7 Cardio Party 45 min	8 REST
9 REST	10 Learn and Burn 30 min	11 3T 35 min	12 20 Min workout	13 Punch, Kick, & Jam 50 min	14 Cardio Party mix 3 50 min	15 REST