

Basic



Make me your personal Beachbody coach  
by using my coach ID number

**1339221**

when you sign up and receive  
tons of tips, tricks and support  
you need to be successful.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
01	Fat Burning Cardio	Fat Burning Cardio	Ab Sculpt	Fat Burning Cardio	Fat Burning Cardio	Fat Burning Cardio	Rest
02	Fat Burning Cardio	Fat Burning Cardio & Ab Sculpt	Fat Burning Cardio & Ab Sculpt	Ab Sculpt	Fat Burning Cardio & Ab Sculpt	Fat Burning Cardio & Ab Sculpt	Rest
03	Fat Burning Cardio & Ab Sculpt	Total Body Burn	Fat Burning Cardio & Hips, Buns & Thighs	Fat Burning Cardio & Ab Sculpt	Total Body Burn	Ab Sculpt	Rest
04	Total Body Burn	Fat Burning Cardio & Ab Sculpt	Fat Burning Cardio & Hips, Buns & Thighs	Total Body Burn	Fat Burning Cardio & Ab Sculpt	Fat Burning Cardio & Hips, Buns & Thighs	Rest

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