

# Tone It Up®

## WEEKLY SCHEDULE

APRIL 24, 2017

Monday

CARDIO + ARMS

- 20 minute walk or jog
- 5 Toning Moves

Tuesday

HIIT

- NEW Sandy Sweat Routine
- 5 Toning Moves

wednesday

BOOTY + ABS  
+ CARDIO

- Absolutely Bootyful (BB5)
- 30 minutes cardio

Thursday

TOTAL BODY

- LIVE Total Body workout  
\*[Instagram](#) 8:30AM PST
- 5 Toning Moves
- Optional 30 Rep Challenge Routine (BB5)

Friday

YOGA + CARDIO

- LIVE Yoga sesh  
\*[Instagram](#) 7:30AM PST
- 20 minutes walk or jog

saturday

ARMS + ABS

- 20 minute walk with friends
- Arms + Abs (BB5)

sunday

SUNDAY RUNDAY

- 5k Run or Walk!