

# body chisel

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Move Total Body 22 Minutes	Super 8 25 Minutes	Ultimate Kettlebell Workout 42 Minutes	DAY OFF	30 Minute Upper Body Hiit 10 Minute Belly Blast	30 Minute Lower Body Hiit	Kettlebell Core Workout 7 Minutes Yoga Stretch and Relax 23 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Ultimate Kettlebell Workout 42 Minutes	Ultimate Intervals 35 Minutes	Core Conditioning 36 Minutes	DAY OFF	30 Minute Total Body Hiit	Kettlebell Core Workout 7 Minutes Yoga Flow 27 Minutes	Coming Down the Ladder 30 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Move Total Body 2 22 Minutes Yoga Stretch & Relax 23 Minutes	30 Minute Core Hiit	Ultimate Kettlebell Workout 42 Minutes Ultimate Kettlebell Core 7 Minutes	DAY OFF	Bodyweight Burnout 1 22 Minutes Yoga Flow 20 Minutes	10 Minute Booty Blast 10 Minute Belly Blast	Bodyweight Burnout 2 22 Minutes Yoga Stretch and Relax 23 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Super 8 25 Minutes	Ultimate Intervals 35 Minutes	30 Minute Upper Body Hiit	30 Minute Lower Body Hiit 10 minute Belly Blast	DAY OFF	Coming Down the Ladder 30 Minutes	Ultimate Kettlebell Workout 42 Minutes Ultimate Kettlebell Core 7 Minutes