



# BODYWEIGHT FUSION

GET HEALTHY **U** TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Coming Down the Ladder 30 Minutes	Ultimate Intervals 45 Minutes	DAY OFF	Super 8 30 Minutes	Core Conditioning 45 Minutes	Power Flow Yoga 20 Minutes	DAY OFF
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Ultimate Intervals 45 Minutes	Calorie Sizzler 30 Minutes	Bodyweight Burn-out 1 20 Minutes Yoga Stretch & Relax 20 Minutes	DAY OFF	Coming Down the Ladder 30 Minutes	Bodyweight Burn-out 2 20 Minutes Move Core 20 Minutes	Power Flow Yoga 20 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Super 8 30 Minutes	Cardio Kickboxing 20 Minutes Power Flow Yoga 20 Minutes	Ultimate Intervals 45 Minutes	DAY OFF	Calorie Sizzler 30 Minutes	Bodyweight Burn-out 1 20 Minutes Yoga Stretch & Relax 20 Minutes	Core Conditioning 45 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Coming Down the Ladder 30 Minutes	Bodyweight Burn-out 2 20 Minutes Power Flow Yoga 20 Minutes	Super 8 30 Minutes	DAY OFF	Core Conditioning 45 Minutes	Ultimate Intervals 45 Minutes	Move Core 20 Minutes Yoga Stretch & Relax 20 Minutes

From BODYWEIGHT FUSION:  
Coming Down the Ladder  
Ultimate Intervals  
Core Conditioning  
Super 8

From ROCK YOUR BODY BOOT CAMP:  
Calorie Sizzler  
From POWER 20 :  
Power Flow Yoga  
Cardio Kickboxing

From YOGA FLOWETRY  
Yoga Stretch and Relax  
From BARRE SCULPT:  
Move Core

From METABOLIC REBOOT  
Bodyweight Burnout 1  
Bodyweight Burnout 2