



BRIDAL BOOTCAMP

GET HEALTHY **U** TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Coming Down the Ladder 30 Minutes	Calorie Sizzler 30 Minutes	Core Blast Pilates 30 Minutes	Bodyweight Intervals 45 Minutes	Sweating Sexy Part 1 15 Minutes	Sweating Sexy Part 2 20 Minutes	Yoga Flow 20 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Super 8 30 Minutes	Bodyweight Burnout 1 20 Minutes	Calorie Sizzler 30 Minutes	Ultimate Intervals 45 Minutes	Core Blast Pilates 30 Minutes	Core Conditioning 30 Minutes	Bodyweight Burnout 2 20 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Coming Down the Ladder 30 Minutes	Sweating Sexy Part 2 20 Minutes	Bodyweight Intervals 45 Minutes	Yoga Flow 20 Minutes	Core Conditioning 30 Minutes	Super 8 30 Minutes	Calorie Sizzler 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Ultimate Intervals 45 Minutes	Sweating Sexy Part 1 15 Minutes	Coming Down the Ladder 30 Minutes	Calorie Sizzler 30 Minutes	Core Blast Pilates 30 Minutes	Yoga Flow 20 Minutes	Bodyweight Burnout 1 20 Minutes Bodyweight Burnout 2 20 Minutes

From **BODYWEIGHT FUSION**:

Coming Down the Ladder
Ultimate Intervals
Core Conditioning
Super 8

From **ROCK YOUR BODY BOOT CAMP**:

Calorie Sizzler
Body Weight Intervals
From **DEFINITIONS**:
Core Blast Pilates

From **HIIT**

Yoga Flow
From **SWEATING SEXY**:
Sweating Sexy Part 1
Sweating Sexy Part 2

From **METABOLIC REBOOT**

Bodyweight Burnout 1
Bodyweight Burnout 2