

# FIRM BURN

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CALORIE SIZZLER 30 Minutes	BODYWEIGHT CIRCUITS 45 Minutes	PYRAMID POWER 20 Minutes	DAY OFF	BUTTS & GUTS 30 Minutes CARDIO KICKBOX 20 Minutes	CIRCUITS IN 6 20 Minutes	POWER FLOW YOGA 20 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
SLOW BURN 20 Minutes	CORE BLAST PILATES 30 Minutes CARDIO KICKBOX 20 Minutes	DAY OFF	UPPER BODY RESCULPT 30 Minutes CALORIE SIZZLER 30 Minutes	LOWER BODY BURN 30 Minutes	YOGA FLOW 20 Minutes	POWER BALL 30 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
BODYWEIGHT CIRCUITS 45 Minutes	CALORIE SIZZLER 30 Minutes	BUTTS & GUTS 30 Minutes CIRCUITS IN 6 20 Minutes	DAY OFF	TOTAL BODY FIRM UP 30 Minutes	LOWER BODY BURN 30 Minutes PYRAMID POWER 20 Minutes	UPPER BODY RESCULPT 30 Minutes CARDIO KICKBOX 20 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
LOWER BODY BURN 30 Minutes	POWER BALL 30 Minutes POWER FLOW YOGA 20 Minutes	BODYWEIGHT CIRCUITS 45 Minutes	DAY OFF	SLOW BURN 20 Minutes CORE BLAST PILATES 30 Minutes	CALORIE SIZZLER 30 Minutes	TOTAL BODY FIRM UP 30 Minutes YOGA FLOW 20 Minutes