

# FITNESS Mixer

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Bodyweight Intervals 45 min.	Butts & Guts 30 min.	Move Strength & Tone Upper Body and Move Strength & Power Lower Body 40 min.	DAY OFF	Bodyweight Burnout 2 and 20-Minute Yoga Flow 40 min.	Bodyweight Burnout 1 and 10-Minute Booty Blast 30 min.	WILD CARD!  PICK YOUR FAVORITE WORKOUT
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Cardio Groove and Shadow Dance 60 min.	DAY OFF	Slow Burn 20 min.	Bodyweight Intervals 45 min.	Butts & Guts 30 min.	Move Strength & Tone Upper Body and Move Strength & Power Lower Body 40 min.	DAY OFF
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Bodyweight Burnout 2 and 20-Minute Yoga Flow 40 min.	Bodyweight Burnout 1 and 10-Minute Booty Blast 30 min.	WILD CARD!  PICK YOUR FAVORITE WORKOUT	Cardio Groove and Shadow Dance 60 min.	DAY OFF	Slow Burn 20 min.	Bodyweight Intervals 45 min.
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Butts & Guts 30 min.	Move Strength & Tone Upper Body and Move Strength & Power Lower Body 40 min.	DAY OFF	Bodyweight Burnout 2 and 20-Minute Yoga Flow 40 min.	Bodyweight Burnout 1 and 10-Minute Booty Blast 30 min.	WILD CARD!  PICK YOUR FAVORITE WORKOUT	Cardio Groove and Shadow Dance 60 min.