

# Total Body transformation

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>HIIT:</b> Total Body 30 Minutes Booty Blast 10 minutes	<b>DEFINITIONS:</b> Lower Body Burn 30 Minutes Upper Body Resculpt 30 Minutes	<b>POWER 20:</b> Cardio Kickbox 20 minutes Muffin Top Melter 10 minutes	<b>HIIT:</b> Booty Blast 10 Minutes Yoga 20 Minutes	<b>DEFINITIONS:</b> Total Body Firm Up 30 Minutes Core Blast Pilates 30 Minutes	<b>DAY OFF</b>	<b>POWER 20:</b> Circuits in 6 20 minutes Power Flow Yoga 20 minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<b>HIIT:</b> Lower Body 30 Minutes Upper Body 30 Minutes	<b>POWER 20:</b> Cardio Kickbox 20 minutes Muffin Top Melter 10 minutes	<b>HIIT:</b> Upper Body 30 Minutes Yoga 20 Minutes	<b>DEFINITIONS:</b> Total Body Firm Up 30 Minutes Core Blast Pilates 30 Minutes	<b>POWER 20:</b> Pyramid Power 20 minutes Power Flow Yoga 20 minutes	<b>DAY OFF</b>	<b>POWER 20:</b> Slow Burn 20 minutes Muffin Top Melter 10 minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<b>HIIT:</b> Total Body 30 Minutes Core 30 Minutes	<b>DEFINITIONS:</b> Upper Body Resculpt 30 Minutes	<b>POWER 20:</b> Circuits in 6 20 minutes Power Flow Yoga 20 minutes	<b>DEFINITIONS:</b> Lower Body Burn 30 Minutes Core Blast Pilates 30 Minutes	<b>POWER 20:</b> Cardio Kickbox 20 minutes Slow Burn 20 minutes	<b>DAY OFF</b>	<b>HIIT:</b> Total Body 30 Minutes Yoga 20 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<b>DEFINITIONS:</b> Lower Body Burn 30 Minutes Upper Body Resculpt 30 Minutes	<b>HIIT:</b> Core 30 Minutes Booty Blast 10 Minutes	<b>POWER 20:</b> Cardio Kickbox 20 minutes Power Flow Yoga 20 minutes	<b>DEFINITIONS:</b> Total Body Firm Up 30 Minutes	<b>HIIT:</b> Lower Body 30 Minutes Upper Body 30 Minutes	<b>DAY OFF</b>	<b>POWER 20:</b> Pyramid Power 20 minutes Muffin Top Melter 10 minutes Power Flow Yoga 20 minutes