

# METABOLIC ReBOOT

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MOVE TOTAL BODY 20 Minutes	MOVE STRENGTH AND TONE UPPER BODY 20 Minutes	DAY OFF	MOVE BODYWEIGHT BURNOUT 20 Minutes	MOVE STRENGTH AND POWER LOWER BODY 20 Minutes	DAY OFF	MOVE TOTAL BODY TWO 20 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
MOVE STRENGTH AND TONE UPPER BODY TWO 20 Minutes	MOVE BODYWEIGHT BURNOUT TWO 20 Minutes	MOVE STRENGTH AND POWER LOWER BODY 20 Minutes	DAY OFF	MOVE TOTAL BODY 20 Minutes	MOVE STRENGTH AND TONE UPPER BODY 20 Minutes	DAY OFF
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
MOVE BODYWEIGHT BURNOUT 20 Minutes  MOVE STRENGTH AND TONE UPPER BODY TWO 20 Minutes	MOVE TOTAL BODY TWO 20 Minutes	DAY OFF	MOVE BODYWEIGHT BURNOUT TWO 20 Minutes  MOVE STRENGTH AND POWER LOWER BODY 20 Minutes	MOVE STRENGTH AND TONE UPPER BODY 20 Minutes	DAY OFF	MOVE TOTAL BODY 20 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
MOVE BODYWEIGHT BURNOUT TWO 20 Minutes  MOVE STRENGTH AND TONE UPPER BODY TWO 20 Minutes	DAY OFF	MOVE STRENGTH AND POWER LOWER BODY 20 Minutes	MOVE TOTAL BODY TWO 20 Minutes	MOVE BODYWEIGHT BURNOUT 20 Minutes  MOVE STRENGTH AND TONE UPPER BODY 20 Minutes	DAY OFF	MOVE TOTAL BODY 20 Minutes