

# MOVE TO LOSE

GET HEALTHY **U** TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>QUICK CARDIO BLAST 1 10 Minutes</p> <p>LOWER BODY SHRED 1 10 Minutes</p>	<p>QUICK CARDIO BLAST 2 10 Minutes</p> <p>UPPER BODY TONE 1 10 Minutes</p>	DAY OFF	<p>YOGA STRETCH 1 10 Minutes</p> <p>PILATES ABS 1 10 Minutes</p>	<p>QUICK CARDIO BLAST 1 10 Minutes</p> <p>LOWER BODY SHRED 2 10 Minutes</p>	DAY OFF	<p>QUICK CARDIO BLAST 2 10 Minutes</p> <p>UPPER BODY TONE 2 10 Minutes</p>
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<p>QUICK CARDIO BLAST 1 10 Minutes</p> <p>LOWER BODY SHRED 1 10 Minutes</p>	<p>QUICK CARDIO BLAST 2 10 Minutes</p> <p>UPPER BODY TONE 1 10 Minutes</p>	DAY OFF	<p>YOGA STRETCH 2 10 Minutes</p> <p>PILATES ABS 2 10 Minutes</p>	<p>QUICK CARDIO BLAST 1 10 Minutes</p> <p>LOWER BODY SHRED 2 10 Minutes</p>	DAY OFF	<p>QUICK CARDIO BLAST 2 10 Minutes</p> <p>UPPER BODY TONE 2 10 Minutes</p>
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<p>QUICK CARDIO BLAST 1 10 Minutes</p> <p>LOWER BODY SHRED 1 10 Minutes</p> <p>PILATES ABS 1 10 Minutes</p>	<p>QUICK CARDIO BLAST 2 10 Minutes</p> <p>UPPER BODY TONE 1 10 Minutes</p> <p>PILATES ABS 1 10 Minutes</p>	DAY OFF	<p>QUICK CARDIO BLAST 1 10 Minutes</p> <p>YOGA STRETCH 1 10 Minutes</p>	<p>QUICK CARDIO BLAST 1 10 Minutes</p> <p>LOWER BODY SHRED 2 10 Minutes</p> <p>PILATES ABS 2 10 Minutes</p>	DAY OFF	<p>QUICK CARDIO BLAST 2 10 Minutes</p> <p>UPPER BODY TONE 2 10 Minutes</p> <p>PILATES ABS 2 10 Minutes</p>
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<p>QUICK CARDIO BLAST 1 10 Minutes</p> <p>LOWER BODY SHRED 1 10 Minutes</p> <p>PILATES ABS 1 10 Minutes</p> <p>YOGA STRETCH 1 10 Minutes</p>	<p>QUICK CARDIO BLAST 2 10 Minutes</p> <p>UPPER BODY TONE 1 10 Minutes</p> <p>PILATES ABS 2 10 Minutes</p>	DAY OFF	<p>QUICK CARDIO BLAST 1 10 Minutes</p> <p>QUICK CARDIO BLAST 2 10 Minutes</p>	<p>QUICK CARDIO BLAST 2 10 Minutes</p> <p>LOWER BODY SHRED 2 10 Minutes</p> <p>PILATES ABS 2 10 Minutes</p> <p>YOGA STRETCH 2 10 Minutes</p>	DAY OFF	<p>QUICK CARDIO BLAST 1 10 Minutes</p> <p>UPPER BODY TONE 2 10 Minutes</p> <p>PILATES ABS 1 10 Minutes</p>