

POWER20

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
PYRAMID POWER 20 Minutes	CARDIO KICKBOX 20 Minutes	DAY OFF	CIRCUITS IN 6 20 Minutes	PYRAMID POWER 20 Minutes MUFFIN TOP MELTER 10 Minutes	DAY OFF	SLOW BURN 20 Minutes POWER FLOW YOGA 20 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
PYRAMID POWER 20 Minutes POWER FLOW YOGA 20 Minutes	CARDIO KICKBOX 20 Minutes MUFFIN TOP MELTER 10 Minutes	CIRCUITS IN 6 20 Minutes	SLOW BURN 20 Minutes POWER FLOW YOGA 20 Minutes	CARDIO KICKBOX 20 Minutes MUFFIN TOP MELTER 10 Minutes	DAY OFF	POWER FLOW YOGA 20 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
PYRAMID POWER 20 Minutes MUFFIN TOP MELTER 10 Minutes	CIRCUITS IN 6 20 Minutes	CARDIO KICKBOX 20 Minutes SLOW BURN 20 Minutes POWER FLOW YOGA 20 Minutes	PYRAMID POWER 20 Minutes MUFFIN TOP MELTER 10 Minutes	CIRCUITS IN 6 20 Minutes	DAY OFF	CARDIO KICKBOX 20 Minutes SLOW BURN 20 Minutes POWER FLOW YOGA 20 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
PYRAMID POWER 20 Minutes MUFFIN TOP MELTER 10 Minutes	CARDIO KICKBOX 20 Minutes SLOW BURN 20 Minutes POWER FLOW YOGA 20 Minutes	CIRCUITS IN 6 20 Minutes	PYRAMID POWER 20 Minutes POWER FLOW YOGA 20 Minutes	CARDIO KICKBOX 20 Minutes SLOW BURN 20 Minutes MUFFIN TOP MELTER 10 Minutes	DAY OFF	CIRCUITS IN 6 20 Minutes POWER FLOW YOGA 20 Minutes