

SCULPTAFIT-Club Sample Schedule - Volume 1

The 7-Day Schedule

This 7-Day Schedule places more emphasis on the Lower-Body, while still training all other body zones in the 7-day rotation:

Here's the summary view (and below is full view with specific training session link suggestions):

Day 1 - Total-Body
Day 2 - Lower-Body
Day 3 - Abs/Core
Day 4 - Lower-Body
Day 5 - Total-Body
Day 6 - Chest/Back (or Upper Body)
Day 7 - Lower-Body
After Day 7 - you start over again at Day 1

Day 1 - Total-Body

Basic/Beginner

<https://www.sculptafitclub.com/programs/basic-total-body-foundational-fitness-session-1>

Intermediate

<https://www.sculptafitclub.com/programs/liit-total-body-training-session-intermediate-1>

Day 2 - Lower-Body

Basic/Beginner

<https://www.sculptafitclub.com/programs/basic-lower-body-session-1>

Intermediate

<https://www.sculptafitclub.com/programs/liit-lower-body-personal-training-session-intermediate-1>

Day 3 - Abs/Core

Basic/Beginner

<https://www.sculptafitclub.com/programs/basic-abs-and-core-session-1>

Intermediate

<https://www.sculptafitclub.com/programs/liit-abs-and-core-intermediate-1>

Day 4 - Lower-Body

Basic/Beginner

<https://www.sculptafitclub.com/programs/basic-lower-body-session-1>

Intermediate

<https://www.sculptafitclub.com/programs/liit-lower-body-training-session-intermediate-2>

Day 5 - Total-Body

Basic/Beginner

<https://www.sculptafitclub.com/programs/the-notorious-9>

Intermediate

<https://www.sculptafitclub.com/programs/liit-total-body-training-session-intermediate-1>

Day 6 - Chest/Back (or Upper Body)

Basic/Beginner

<https://www.sculptafitclub.com/programs/basic-upper-body-training-session-1>

Intermediate

<https://www.sculptafitclub.com/programs/liit-chest-and-back-personal-training-session-intermediate-1>

Day 7 - Lower-Body

Basic/Beginner

<https://www.sculptafitclub.com/programs/basic-lower-body-session-1>

Intermediate

<https://www.sculptafitclub.com/programs/liit-lower-body-personal-training-session-intermediate-1>

⇒ After Day 7 - you start over again at Day 1

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