



# 4-WEEK WORKOUT SCHEDULE



WEEK 1	WEEK 2	WEEK 3	WEEK 4
<b>Day 1:</b> whole body 1 <input type="checkbox"/>	<b>Day 1:</b> whole body 2 +	<b>Day 1:</b> whole body 1* <input type="checkbox"/>	<b>Day 1:</b> whole body 1* +
<b>Day 2:</b> core <input type="checkbox"/>	5-min abs <input type="checkbox"/>	<b>Day 2:</b> core* <input type="checkbox"/>	5-min abs <input type="checkbox"/>
<b>Day 3:</b> lower body <input type="checkbox"/>	<b>Day 2:</b> core <input type="checkbox"/>	<b>Day 3:</b> lower body* <input type="checkbox"/>	<b>Day 2:</b> core <input type="checkbox"/>
<b>Day 4:</b> upper body <input type="checkbox"/>	<b>Day 3:</b> lower body	<b>Day 4:</b> upper body* <input type="checkbox"/>	<b>Day 3:</b> lower body* +
<b>Day 5:</b> mobility <input type="checkbox"/>	+ 5-min abs <input type="checkbox"/>	<b>Day 5:</b> whole body 2	5-min abs <input type="checkbox"/>
<b>Day 6:</b> cardio <input type="checkbox"/>	<b>Day 4:</b> upper body <input type="checkbox"/>	+ mobility <input type="checkbox"/>	<b>Day 4:</b> upper body* <input type="checkbox"/>
<b>Day 7:</b> stretch <input type="checkbox"/>	<b>Day 5:</b> mobility	<b>Day 6:</b> cardio* <input type="checkbox"/>	<b>Day 5:</b> whole body 2 +
	+ 5-min abs <input type="checkbox"/>	<b>Day 7:</b> stretch <input type="checkbox"/>	mobility <input type="checkbox"/>
	<b>Day 6:</b> cardio <input type="checkbox"/>		<b>Day 6:</b> cardio* <input type="checkbox"/>
	<b>Day 7:</b> stretch <input type="checkbox"/>		<b>Day 7:</b> stretch <input type="checkbox"/>

\*Complete the video twice (20-minutes)

Note: Start each workout with the 5-minute warm up

