



WORKOUTS

PHASE 2 SCHEDULE

31	15 MIN ABS & BACK + SLOW STRETCH / EXERCISE MAT	<input checked="" type="checkbox"/>
32	30 MIN MIIT / NONE, SHOES OPTIONAL	<input type="checkbox"/>
33	15 MIN LOWER BODY WITH WTS. + RELAXING STRETCH / LT. & MED. WEIGHTS, EXERCISE MAT	<input type="checkbox"/>
34	FREE DAY	<input type="checkbox"/>
35	22 MIN CARDIO DANCE / NONE, SHOES OPTIONAL	<input type="checkbox"/>
36	15 MIN UPPER BODY WITH WTS + SLOW STRETCH / LT. & MED. WEIGHTS, EXERCISE MAT	<input type="checkbox"/>
37	FREE DAY OR 20 MIN LONG STRETCH / EXERCISE MAT	<input type="checkbox"/>
38	15 MIN ABS & BACK + SLOW STRETCH / EXERCISE MAT	<input type="checkbox"/>
39	30 MIN MIIT / NONE, SHOES OPTIONAL	<input type="checkbox"/>



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40	15 MIN LOWER BODY WITH WTS + RELAXING STRETCH / LT. & MED. WEIGHTS, EXERCISE MAT	<input checked="" type="checkbox"/>
41	FREE DAY OR 20 MIN LONG STRETCH / EXERCISE MAT	<input type="checkbox"/>
42	22 MIN CARDIO DANCE / NONE, SHOES OPTIONAL	<input type="checkbox"/>
43	15 MIN UPPER BODY WITH WEIGHTS + SLOW STRETCH / LT. & MED. WEIGHTS, EXERCISE MAT	<input type="checkbox"/>
44	FREE DAY	<input type="checkbox"/>
45	30 MIN MIIT / NONE, SHOES OPTIONAL	<input type="checkbox"/>
46	15 MIN ABS & BACK + 15 MIN LOWER BODY WITH WEIGHTS / LT. & MED. WEIGHTS, EXERCISE MAT	<input type="checkbox"/>
47	15 MIN UPPER BODY WITH WEIGHTS + SLOW STRETCH / LT. & MED. WEIGHTS, MAT	<input type="checkbox"/>
48	FREE DAY	<input type="checkbox"/>



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49	18 MIN CARDIO DANCE + RELAXING STRETCH / SHOES OPTIONAL, EXERCISE MAT	<input checked="" type="checkbox"/>
50	35 MIN FULL BODY BODYWEIGHT WORKOUT / EXERCISE MAT, TOWEL	<input type="checkbox"/>
51	FREE DAY OR 20 MIN LONG STRETCH / EXERCISE MAT	<input type="checkbox"/>
52	30 MIN MIIT / NONE, SHOES OPTIONAL	<input type="checkbox"/>
53	15 MIN ABS & BACK + 15 MIN LOWER BODY WITH WEIGHTS / LT. & MED. WEIGHTS, EXERCISE MAT	<input type="checkbox"/>
54	15 MIN UPPER BODY WITH WEIGHTS + SLOW STRETCH / LT. & MED. WEIGHTS, EXERCISE MAT	<input type="checkbox"/>
55	FREE DAY	<input type="checkbox"/>
56	18 MIN CARDIO DANCE + RELAXING STRETCH / SHOES OPTIONAL, EXERCISE MAT	<input type="checkbox"/>
57	35 MIN FULL BODY BODYWEIGHT WORKOUT / EXERCISE MAT, TOWEL	<input type="checkbox"/>



WORKOUTS

PHASE 2 SCHEDULE

58

FREE DAY OR 20 MIN LONG STRETCH / EXERCISE MAT



59

22 MIN CARDIO DANCE / NONE, SHOES OPTIONAL



60

15 MIN ABS & BACK WORKOUT + SLOW STRETCH
/ EXERCISE MAT

