



# WORKOUTS

PHASE 3 SCHEDULE

61	35 MIN FULL BODY WITH WEIGHTS WORKOUT / LT. & MED. WEIGHTS, CHAIR, TOWEL, EXERCISE MAT	<input checked="" type="checkbox"/>
62	35 MIN MIIT / NONE, SHOES OPTIONAL	<input type="checkbox"/>
63	45 MIN FULL BODY BODYWEIGHT WORKOUT / EXERCISE MAT	<input type="checkbox"/>
64	FREE DAY OR RELAXING STRETCH / EXERCISE MAT	<input type="checkbox"/>
65	30 MIN MIIT / NONE, SHOES OPTIONAL	<input type="checkbox"/>
66	35 MIN FULL BODY WITH WEIGHTS WORKOUT / LT. & MED. WEIGHTS, CHAIR, TOWEL, EXERCISE MAT	<input type="checkbox"/>
67	FREE DAY OR 20 MIN LONG STRETCH / EXERCISE MAT	<input type="checkbox"/>
68	35 MIN FULL BODY WITH WEIGHTS WORKOUT / LT. & MED. WEIGHTS, CHAIR, TOWEL, EXERCISE MAT	<input type="checkbox"/>
69	35 MIN CARDIO MIIT / NONE, SHOES OPTIONAL	<input type="checkbox"/>



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70	45 MIN FULL BODY BODYWEIGHT WORKOUT / EXERCISE MAT	<input checked="" type="checkbox"/>
71	FREE DAY OR RELAXING STRETCH / EXERCISE MAT	<input type="checkbox"/>
72	30 MIN MIIT / NONE, SHOES OPTIONAL	<input type="checkbox"/>
73	35 MIN FULL BODY WITH WEIGHTS WORKOUT / LT. & MED. WEIGHTS, CHAIR, TOWEL, MAT	<input type="checkbox"/>
74	FREE DAY OR 20 MIN LONG STRETCH / EXERCISE MAT	<input type="checkbox"/>
75	45 MIN FULL BODY BODYWEIGHT WORKOUT / EXERCISE MAT	<input type="checkbox"/>
76	35 MIN MIIT / NONE, SHOES OPTIONAL	<input type="checkbox"/>
77	35 MIN FULL BODY WITH WEIGHTS WORKOUT / LT. & MED. WEIGHTS, CHAIR, TOWEL, MAT	<input type="checkbox"/>
78	FREE DAY OR SLOW STRETCH / EXERCISE MAT	<input type="checkbox"/>



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79	22 MIN CARDIO DANCE + 18 MIN CARDIO DANCE / NONE, SHOES OPTIONAL, EXERCISE MAT	<input checked="" type="checkbox"/>
80	45 MIN FULL BODY BODYWEIGHT WORKOUT / EXERCISE MAT	<input type="checkbox"/>
81	FREE DAY OR 20 MIN LONG STRETCH / EXERCISE MAT	<input type="checkbox"/>
82	35 MIN MIIT / NONE, SHOES OPTIONAL	<input type="checkbox"/>
83	15 MIN ABS & BACK + 15 MIN LOWER BODY WITH WEIGHTS + 15 MIN UPPER BODY WITH WEIGHTS / LT. & MED. WEIGHTS, EXERCISE MAT	<input type="checkbox"/>
84	30 MIN MIIT / NONE, SHOES OPTIONAL	<input type="checkbox"/>
85	FREE DAY OR SLOW STRETCH / EXERCISE MAT	<input type="checkbox"/>
86	45 MIN FULL BODY BODYWEIGHT WORKOUT / EXERCISE MAT	<input type="checkbox"/>
87	35 MIN CARDIO MIIT / NONE, SHOES OPTIONAL	<input type="checkbox"/>



# WORKOUTS

PHASE 3 SCHEDULE

88

FREE DAY OR 20 MIN LONG STETCH / EXERCISE MAT



89

35 MIN FULL BODY WITH WEIGHTS WORKOUT  
/ LT. & MED. WEIGHTS, CHAIR, TOWEL, EXERCISE MAT



90

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

