



WORKOUTS

PHASE 1 SCHEDULE

1

20 MIN LONG STRETCH / EXERCISE MAT



2

25 MIN MAT WORKOUT / EXERCISE MAT



3

20 MIN SLOW CALM STRETCH / EXERCISE MAT



4

18 MIN CARDIO DANCE / NONE, SHOES OPTIONAL



5

RELAXING STRETCH / EXERCISE MAT



6

25 MIN MAT WORKOUT / EXERCISE MAT



7

FREE DAY



8

20 MIN LONG STRETCH / EXERCISE MAT



9

25 MIN MAT WORKOUT / EXERCISE MAT





WORKOUTS

PHASE 1 SCHEDULE

10	20 MIN LONG STRETCH / EXERCISE MAT	<input checked="" type="checkbox"/>
11	18 MIN CARDIO DANCE / NONE, SHOES OPTIONAL	<input type="checkbox"/>
12	RELAXING STRETCH / EXERCISE MAT	<input type="checkbox"/>
13	25 MIN MAT WOKROUT / EXERCISE MAT	<input type="checkbox"/>
14	FREE DAY	<input type="checkbox"/>
15	20 MIN LONG STRETCH / EXERCISE MAT	<input type="checkbox"/>
16	35 MIN BODYWEIGHT WORKOUT / EXERCISE MAT, TOWEL	<input type="checkbox"/>
17	SLOW CALM STRETCH / EXERCISE MAT	<input type="checkbox"/>
18	22 MIN CARDIO DANCE / NONE, SHOES OPTIONAL	<input type="checkbox"/>



WORKOUTS

PHASE 1 SCHEDULE

19	20 RELAXING STRETCH / EXERCISE MAT	<input checked="" type="checkbox"/>
20	35 MIN BODYWEIGHT WORKOUT / EXERCISE MAT, TOWEL	<input type="checkbox"/>
21	FREE DAY	<input type="checkbox"/>
22	20 MIN LONG STRETCH / EXERCISE MAT	<input type="checkbox"/>
23	35 MIN BODYWEIGHT WORKOUT / EXERCISE MAT, TOWEL	<input type="checkbox"/>
24	SLOW CALM STRETCH / EXERCISE MAT	<input type="checkbox"/>
25	22 MIN CARDIO DANCE / NONE, SHOES OPTIONAL	<input type="checkbox"/>
26	RELAXING STRETCH / EXERCISE MAT	<input type="checkbox"/>
27	35 MIN BODYWEIGHT WORKOUT / EXERCISE MAT, TOWEL	<input type="checkbox"/>



WORKOUTS

PHASE 1 SCHEDULE

28

FREE DAY



29

18 MIN CARDIO DANCE / NONE, SHOES OPTIONAL



30

25 MIN MAT WORKOUT / EXERCISE MAT





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"/>



WORKOUTS

PHASE 2 SCHEDULE

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"/>



WORKOUTS

PHASE 2 SCHEDULE

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





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"/>



WORKOUTS

PHASE 3 SCHEDULE

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"/>



WORKOUTS

PHASE 3 SCHEDULE

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

