



WORKOUTS

PHASE 1 SCHEDULE

1	20 MIN LONG STRETCH / EXERCISE MAT	<input checked="" type="checkbox"/>
2	25 MIN MAT WORKOUT / EXERCISE MAT	<input type="checkbox"/>
3	8 MIN SLOW CALM STRETCH / EXERCISE MAT	<input type="checkbox"/>
4	18 MIN CARDIO DANCE / NONE, SHOES OPTIONAL	<input type="checkbox"/>
5	RELAXING STRETCH / EXERCISE MAT	<input type="checkbox"/>
6	25 MIN MAT WORKOUT / EXERCISE MAT	<input type="checkbox"/>
7	FREE DAY	<input type="checkbox"/>
8	20 MIN LONG STRETCH / EXERCISE MAT	<input type="checkbox"/>
9	25 MIN MAT WORKOUT / EXERCISE MAT	<input type="checkbox"/>



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"/>



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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

