

6- MONTH WORKOUT SCHEDULE

USE THE WORKOUT SCHEDULE THROUGHOUT YOUR JOURNEY. TAKE ADVANTAGE OF THE WORKSHEETS TO TRACK YOUR PROGRESS

WEEKS 1,3,5,7,9,11

WEEKS 2,4,6,8,10,12

WEEKS 13,15,17,19,21,23

WEEKS 14,16,18,20,22,24

MONDAY

MONDAY

MONDAY

MONDAY

FORMAT A

FORMAT D

FORMAT F

FORMAT I

TUESDAY

TUESDAY

TUESDAY

TUESDAY

BALL

BARRE

FORMAT A

FORMAT C

CARDIO 1

CARDIO 4

CARDIO 1

CARDIO 4

WEDNESDAY

WEDNESDAY

WEDNESDAY

WEDNESDAY

FORMAT B

FORMAT A

FORMAT G

FORMAT J

THURSDAY

THURSDAY

THURSDAY

THURSDAY

BALL

BARRE

FORMAT B

FORMAT D

CARDIO 2

CARDIO 5

CARDIO 2

CARDIO 5

FRIDAY

FRIDAY

FRIDAY

FRIDAY

FORMAT C

FORMAT B

FORMAT H

FORMAT K

SATURDAY

SATURDAY

SATURDAY

SATURDAY

BALL

BARRE

BARRE

FORMAT L

CARDIO 3

CARDIO 6

CARDIO 3

CARDIO 6

SUNDAY

SUNDAY

SUNDAY

SUNDAY

FLOOR RESTORE

FLOOR RESTORE

BALL

FLOOR RESTORE

