

Workout Schedule

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Cardio Combat 1	DAY OFF	Tone Arms & Upper Body	Latin Dance Cardio	Love Your Core	DAY OFF	Lean Legs
WEEK 2	Funk Dance Cardio	Cardio Combat 2	Hip Hop Dance	Balance & Burn: Abs & Butt	Animal-Themed Boot Camp	Love Your Core Even More	Abs & Butt 2
WEEK 3	Cardio Combat 1	Tone Arms & Upper Body	Latin Dance Cardio	DAY OFF	Love Your Core	Lean Legs	Funk Dance Cardio
WEEK 4	Cardio Combat 2	DAY OFF	Hip Hop Dance	Abs & Butt 1	Animal-Themed Boot Camp	DAY OFF	Abs & Butt 2