

Workout Schedule

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Shoulder and Back Clinic	DAY OFF	Ab Sculpting Flow	DAY OFF	Hip and Thigh Flow	DAY OFF	Head to Toe Flow
WEEK 2	Slim Arm Flow	DAY OFF	Core Challenge Flow	DAY OFF	Yoga Butt Vinyasa	DAY OFF	Head to Toe Flow
WEEK 3	Shoulder and Back Clinic	DAY OFF	Core Challenge Flow	DAY OFF	Hip and Thigh Flow	DAY OFF	Total Body Flow