



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Leg, Thigh and Butt Workout Level 1	REST	Total Body Weight Loss Workout Level 1	REST	Fat Burning and Abs Workout Level 1	Total Body Weight Loss Workout Level 1	REST
WEEK 2	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
	Leg, Thigh and Butt Workout Level 1	REST	Total Body Weight Loss Workout Level 1	REST	Fat Burning and Abs Workout Level 1	Total Body Weight Loss Workout Level 1	REST
WEEK 3	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
	Leg, Thigh and Butt Workout Level 1	REST	Total Body Weight Loss Workout Level 1	REST	Fat Burning and Abs Workout Level 1	Total Body Weight Loss Workout Level 1	REST
WEEK 4	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
	Leg, Thigh and Butt Workout Level 1	REST	Total Body Weight Loss Workout Level 1	REST	Fat Burning and Abs Workout Level 1	Total Body Weight Loss Workout Level 1	REST
WEEK 5	DAY 29	DAY 30					
	Leg, Thigh and Butt Workout Level 1	REST					