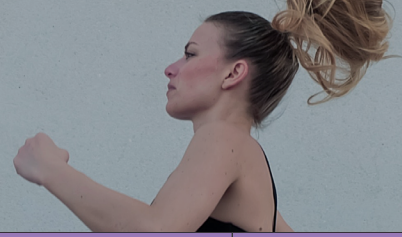


MOVE TO LOSE

WORKOUT CALENDAR

GET HEALTHY 



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Quick Cardio Blast 10 Minutes Lower Body Shred 10 Minutes	Quick Cardio Blast 2 10 Minutes Upper Body Tone 10 Minutes	DAY OFF	Yoga Stretch 10 Minutes Pilates Abs 10 Minutes	Quick Cardio Blast 10 Minutes Lower Body Shred 2 10 Minutes	DAY OFF	Quick Cardio Blast 2 10 Minutes Upper Body Tone 2 10 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Quick Cardio Blast 10 Minutes Lower Body Shred 10 Minutes	Quick Cardio Blast 2 10 Minutes Upper Body Tone 10 Minutes	DAY OFF	Yoga Stretch 2 10 Minutes Pilates Abs 2 10 Minutes	Quick Cardio Blast 10 Minutes Lower Body Shred 2 10 Minutes	DAY OFF	Quick Cardio Blast 2 10 Minutes Upper Body Tone 2 10 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Quick Cardio Blast 10 Minutes Lower Body Shred 10 Minutes Pilates Abs 10 Minutes	Quick Cardio Blast 2 10 Minutes Upper Body Tone 10 Minutes Pilates Abs 10 Minutes	DAY OFF	Quick Cardio Blast 10 Minutes Yoga Stretch 10 Minutes	Quick Cardio Blast 10 Minutes Lower Body Shred 2 10 Minutes Pilates Abs 2 10 Minutes	DAY OFF	Quick Cardio Blast 2 10 Minutes Upper Body Tone 2 10 Minutes Pilates Abs 2 10 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Quick Cardio Blast 10 Minutes Lower Body Shred 10 Minutes Pilates Abs 10 Minutes Yoga Stretch 10 Minutes	Quick Cardio Blast 2 10 Minutes Upper Body Tone 10 Minutes Pilates Abs 2 10 Minutes	DAY OFF	Quick Cardio Blast 10 Minutes Quick Cardio Blast 2 10 Minutes	Quick Cardio Blast 2 10 Minutes Lower Body Shred 2 10 Minutes Pilates Abs 2 10 Minutes Yoga Stretch 2 10 Minutes	DAY OFF	Quick Cardio Blast 10 Minutes Upper Body Tone 2 10 Minutes Pilates Abs 10 Minutes