



Month 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Pump Challenge	Rest Day	Pump Challenge	Flow Walk 45 Min	Pump Challenge	Hard Core Abs Walk 45 Min
Rest Day	Pump & Burn	Walk 30 Min.	Pump Challenge Hard Core Abs	Flow	Pump and Burn	Rest Day
Hard Core Abs Walk 45 Min.	Pump & Burn	Hard Core Abs Walk 45 Min.	Pump & Burn	Flow Hard Core Abs	Rest Day	Pump & Burn
Hard Core Abs Walk 45 Min.	Pump & Burn	Rest Day	Pump & Burn	Hard Core Abs Walk 45 Min.	Pump & Burn	Flow
Pump & Burn	Pump & Shred	Hard Core Abs Walk 45 Min.	Pump & Burn	Flow Hard Core Abs	Rest Day	Pump & Shred