

	Beginner	Intermediate	Advanced
Week 1	<p>Day 1: Abs and Cardio Sculpt</p> <p>Day 2: Arms and Glutes</p> <p>Day 3: Inner Thighs and Outer Thighs</p> <p>Day 4: Glutes and Cardio Sculpt</p> <p>Day 5: Abs and Inner Thighs</p> <p>Day 6: Arms and Outer Thighs</p>	<p>Note: Add light ankle weights and/or resistance loop to advance</p> <p>Day 1: Abs, Arms and Cardio Sculpt</p> <p>Day 2: Inner Thighs and Outer Thighs and Glutes</p> <p>Day 3: Cardio Sculpt, Abs and Inner Thighs</p> <p>Day 4: Glutes, Outer Thighs and Arms</p> <p>Day 5: Cardio Sculpt, Inner Thighs and Outer Thighs</p> <p>Day 6: Cardio Sculpt, Abs and Glutes</p>	<p>Note: Add light ankle weights and/or resistance loop to advance</p> <p>Day 1: Abs, Arms, Inner Thighs and Cardio Sculpt</p> <p>Day 2: Glutes, Outer Thighs, Inner Thighs and Cardio Sculpt</p> <p>Day 3: Abs, Glutes, Inner Thighs and Arms</p> <p>Day 4: Outer Thighs, Abs, Cardio Sculpt and Glutes</p> <p>Day 5: Cardio Sculpt, Inner Thighs, Arms and Abs</p> <p>Day 6: Abs, Arms, Inner Thighs, Outer Thighs, Glutes and Cardio Sculpt</p>
Week 2	<p>Day 1: Arms and Shoulders and Hamstrings</p> <p>Day 2: Cardio Thighs and Obliques</p> <p>Day 3: Chest and Back and Quads</p> <p>Day 4: Arms (wk 1) and Hamstrings</p> <p>Day 5: Abs (wk 1) and Cardio Thighs</p> <p>Day 6: Obliques and Quads</p>	<p>Note: Add light ankle weights and/or resistance loop to advance</p> <p>Day 1: Arms and Shoulders, Quads and Hamstrings</p> <p>Day 2: Cardio Thighs, Chest and Back and Obliques</p> <p>Day 3: Cardio Sculpt (wk 1), Quads and Abs (wk 1)</p> <p>Day 4: Arms and Shoulders, Inner Thighs (wk 1) and Hamstrings</p> <p>Day 5: Cardio Thighs, Cardio Sculpt (wk 1) and Obliques</p> <p>Day 6: Hamstrings, Quads and Glutes (wk 1)</p>	<p>Note: Add light ankle weights and/or resistance loop to advance</p> <p>Day 1: Arms and Shoulders, Quads, Hamstrings, Cardio Thighs and Abs (wk 1)</p> <p>Day 2: Cardio Sculpt (wk 1), Chest and Back, Outer Thighs (wk 1) and Obliques</p> <p>Day 3: Cardio Thighs, Glutes (wk 1), Quads and Arms and Shoulders</p> <p>Day 4: Chest and Back, Inner Thighs (wk 1), Hamstrings, Inner Thighs (wk 1)</p> <p>Day 5: Cardio Thighs, Cardio Sculpt (wk 1), Outer Thighs (wk 1) and Abs (wk 1)</p> <p>Day 6: Arms and Shoulders, Chest and Back, Cardio Thighs, Hamstrings, Quads and Obliques</p>
Week 3	<p>Day 1: Arms and Abs and Cardio Compound</p> <p>Day 2: Plank Variations and Butt and Back</p> <p>Day 3: Standing Abs and Barre Thighs</p> <p>Day 4: Glutes (wk1) and Cardio Compound</p> <p>Day 5: Arms & Shoulders (wk 2) and Butt & Back</p> <p>Day 6: Obliques (wk 2) and Cardio Sculpt (wk 1)</p>	<p>Note: Add light ankle weights and/or resistance loop to advance</p> <p>Day 1: Arms and Abs, Barre Thighs and Cardio Compound</p> <p>Day 2: Plank Variations, Standing Abs and Butt and Back</p> <p>Day 3: Cardio Compound, Cardio Sculpt (wk 1), Cardio Thighs (wk 2)</p> <p>Day 4: Glutes (wk 1), Butt and Back and Hamstrings (wk 2)</p> <p>Day 5: Arms and Abs, Abs (wk 1) and Obliques (wk 2)</p> <p>Day 6: Plank Variations, Arms and Shoulders (wk 2) and Arms (wk 1)</p>	<p>Note: Add light ankle weights and/or resistance loop to advance</p> <p>Day 1: Arms and Abs, Barre Thighs, Standing Abs and Cardio Compound</p> <p>Day 2: Butt and Back, Plank Variations, Inner Thighs (wk 1) and Cardio Thighs (wk 2)</p> <p>Day 3: Barre Thighs, Outer Thighs (wk 1), Quads (wk 2), Hamstrings (wk 2) and Cardio Thighs</p> <p>Day 4: Abs (wk 1), Obliques (wk 2), Plank Variations, Arms & Abs (wk 2) and Standing Abs</p> <p>Day 5: Cardio Sculpt (wk 1), Cardio Thighs (wk 2), Cardio Compound and Hamstrings (wk 2)</p> <p>Day 6: Arms & Shoulders (wk 2), Chest & Back (wk 2), Arms (wk 1), Plank Variations, Abs (wk 1) and Barre Thighs</p>

