



BODY SCULPT

	MON	TUE	WED	THUR	FRI	SAT	SUN
WK 1	Fit 4 Test & Blast15: Legs & Agility*	Blast20: Full Body Burner	Blast15: Legs & Core	Blast20: Upper Body & Legs*	Blast15: Upper Body Core Focus	Recovery15: Foam Roller	Regen25: Team R & R
WK 2	Blast20: Lower Body Tabata	Blast20: Chest & Shoulders*	Blast20: Speed & Agility	Blast15: Kettlebell Flow	Blast20: Glute & Abs	Recovery20: Tissue Reinforcement	Regen20
WK 3	Blast20: Glute & Abs	Blast20: Upper Body Burner	Blast15: Upper Body Core Focus	Blast20: Legs & Core	Blast20: Full Body*	Recovery15: Foam Roller	Regen20: Reset
WK 4	Blast20: Muscle Endurance*	Blast20: Bodyweight Arms & Abs	Blast20: Lower Body Tabata	Blast15: Fast & Fun Lower Body Focus	Blast15: Upper Body Resistance Band*	Recovery20: Tissue Reinforcement	Regen20: Lower Body Focus

BODY SCULPTING SERIES