

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



March

1

2

3

4

5

6

7

8

9

10
Week 6 Core

11
Ultimate Power
Yoga

12
Week 6 Resistance

13
Bike

14
Week 6 Cardio

15
Bike

16
Legs and Thighs

17
Yoga Meltdown

18
Arms and Shoulders

19
Bike or Gym

20
Fast Fat Burn

21
Butt and Hips

22
Chest and Back

23
Ultimate Power
Yoga

24
Legs and Thighs

25
Arms and Shoulders

26
Bike or Gym

27
Fast Abs

28
Chest and Back

29
Butt and Hips

30
Yoga Meltdown

31
Ultimate Power
Yoga

