

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

