

PHASE I: SUMMMER FIT

DAY 1
TANK TOP
ARMS

DAY 2
BARRE
BURN

DAY 3
FLAT
BELLY

DAY 4
ARM
BLAST

DAY 5
ABS &
ARMS

DAY 6
UPPER
BODY
TONE

DAY 7
STRETCH
IT OUT

DAY 8
SEXY
SHOULDERS

DAY 9
OBLIQUES, ABS,
TUMMY

DAY 10
UPPER STRENGTH
& CORE

DAY 11
BICEPS
& BACK

DAY 12
CORE
BEAUTIFUL BACK

DAY 13
AB SHRED

DAY 14
FULL BODY
STRETCH IT OUT

DAY 15
BACK
BICEPS SHOULDER
SCULPT

