

## Workout Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>WEEK 1</b>	Jump Start Cardio	CF Sculpt	Mission 3 + Elliptical	Fat Burn Accelerator	Cardio Kick Class + Elliptical	Mission 2	Power Rounds + Elliptical
<b>WEEK 2</b>	Full Throttle	CF Cardio	Core Express + Elliptical	Ultimate Tae Bo	Cardio Kick Class + Elliptical	Turbo Charged Fat Burner	Sculpt Express + Elliptical
<b>WEEK 3</b>	Jump Start Cardio	CF Sculpt	Mission 3 + Elliptical	Fat Burn Accelerator	Cardio Kick Class + Elliptical	Mission 2	Power Rounds + Elliptical
<b>WEEK 4</b>	Full Throttle	CF Cardio	Core Express + Elliptical	Ultimate Tae Bo	Cardio Kick Class + Elliptical	Turbo Charged Fat Burner	Sculpt Express + Elliptical
<b>WEEK 5</b>	Jump Start Cardio	CF Sculpt	Mission 3 + Elliptical	Fat Burn Accelerator	Cardio Kick Class + Elliptical	Mission 2	Power Rounds + Elliptical
<b>WEEK 6</b>	Full Throttle	CF Cardio	Core Express + Elliptical	Ultimate Tae Bo	Cardio Kick Class + Elliptical	Turbo Charged Fat Burner	Sculpt Express + Elliptical
<b>WEEK 7</b>	Jump Start Cardio	CF Sculpt	Mission 3 + Elliptical	Fat Burn Accelerator	Cardio Kick Class + Elliptical	Mission 2	Power Rounds + Elliptical
<b>WEEK 8</b>	Full Throttle	CF Cardio	Core Express + Elliptical	Ultimate Tae Bo	Cardio Kick Class + Elliptical	Turbo Charged Fat Burner	Sculpt Express + Elliptical
<b>WEEK 9</b>	Jump Start Cardio	CF Sculpt	Mission 3 + Elliptical	Fat Burn Accelerator	Cardio Kick Class + Elliptical	Mission 2	Power Rounds + Elliptical
<b>WEEK 10</b>	Full Throttle	CF Cardio	Core Express + Elliptical	Ultimate Tae Bo	Cardio Kick Class + Elliptical	Turbo Charged Fat Burner	Sculpt Express + Elliptical

**\*EVERYDAY: Tony Horton's Ab Ripper 200**

20 Reps Each of:

- 1 Crunches
- 2 Right Obliques
- 3 Left Obliques
- 4 Elbows to Knees
- 5 Superman Crunches
- 6 Leg Lifts
- 7 In & Outs
- 8 Hip Rock
- 9 Bicycles
- 10 Full Body Crunch