

| | | | | | | | |
|---------------|-------------------------------------|---------------|--|---------------|-------------------------------------|--|---------------|
| WEEK 1 | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
| | Leg, Thigh and Butt Workout Level 1 | REST | Total Body Weight Loss Workout Level 1 | REST | Fat Burning and Abs Workout Level 1 | Total Body Weight Loss Workout Level 1 | REST |
| WEEK 2 | DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 |
| | Leg, Thigh and Butt Workout Level 1 | REST | Total Body Weight Loss Workout Level 1 | REST | Fat Burning and Abs Workout Level 1 | Total Body Weight Loss Workout Level 1 | REST |
| WEEK 3 | DAY 15 | DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 | DAY 21 |
| | Leg, Thigh and Butt Workout Level 1 | REST | Total Body Weight Loss Workout Level 1 | REST | Fat Burning and Abs Workout Level 1 | Total Body Weight Loss Workout Level 1 | REST |
| WEEK 4 | DAY 22 | DAY 23 | DAY 24 | DAY 25 | DAY 26 | DAY 27 | DAY 28 |
| | Leg, Thigh and Butt Workout Level 1 | REST | Total Body Weight Loss Workout Level 1 | REST | Fat Burning and Abs Workout Level 1 | Total Body Weight Loss Workout Level 1 | REST |
| WEEK 5 | DAY 29 | DAY 30 | | | | | |
| | Leg, Thigh and Butt Workout Level 1 | REST | | | | | |



| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|--------|--------------------------|---------------------------------|--------|-------------------------|--------------------------|--------|---------------------------------|
| WEEK 1 | Lower Body Shred Level 2 | Total Body Conditioning Level 2 | REST | Cardio Ab Blast Level 2 | Lower Body Shred Level 2 | REST | Total Body Conditioning Level 2 |
| WEEK 2 | DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 |
| | Lower Body Shred Level 2 | Total Body Conditioning Level 2 | REST | Cardio Ab Blast Level 2 | Lower Body Shred Level 2 | REST | Total Body Conditioning Level 2 |
| WEEK 3 | DAY 15 | DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 | DAY 21 |
| | Lower Body Shred Level 2 | Total Body Conditioning Level 2 | REST | Cardio Ab Blast Level 2 | Lower Body Shred Level 2 | REST | Total Body Conditioning Level 2 |
| WEEK 4 | DAY 22 | DAY 23 | DAY 24 | DAY 25 | DAY 26 | DAY 27 | DAY 28 |
| | Lower Body Shred Level 2 | Total Body Conditioning Level 2 | REST | Cardio Ab Blast Level 2 | Lower Body Shred Level 2 | REST | Total Body Conditioning Level 2 |
| WEEK 5 | DAY 29 | DAY 30 | | | | | |
| | Lower Body Shred Level 2 | Total Body Conditioning Level 2 | | | | | |



| | | | | | | | |
|---------------|--|--|--|--|--|--|--|
| WEEK 1 | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
| | Extreme Power Sculpt Workout Level 3 | Extreme Total Body Fat Burning Workout Level 3 | REST | Extreme Cardio Abs Fat Blast Workout Level 3 | Extreme Power Sculpt Workout Level 3 | REST | Extreme Total Body Fat Burning Workout Level 3 |
| WEEK 2 | DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 |
| | REST | Extreme Cardio Abs Fat Blast Workout Level 3 | Extreme Power Sculpt Workout Level 3 | REST | Extreme Total Body Fat Burning Workout Level 3 | Extreme Cardio Abs Fat Blast Workout Level 3 | Extreme Power Sculpt Workout Level 3 |
| WEEK 3 | DAY 15 | DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 | DAY 21 |
| | Extreme Total Body Fat Burning Workout Level 3 | REST | Extreme Cardio Abs Fat Blast Workout Level 3 | Extreme Power Sculpt Workout Level 3 | REST | Extreme Total Body Fat Burning Workout Level 3 | REST |
| WEEK 4 | DAY 22 | DAY 23 | DAY 24 | DAY 25 | DAY 26 | DAY 27 | DAY 28 |
| | Extreme Cardio Abs Fat Blast Workout Level 3 | Extreme Power Sculpt Workout Level 3 | REST | Extreme Total Body Fat Burning Workout Level 3 | Extreme Cardio Abs Fat Blast Workout Level 3 | Extreme Power Sculpt Workout Level 3 | Extreme Total Body Fat Burning Workout Level 3 |
| WEEK 5 | DAY 29 | DAY 30 | | | | | |
| | REST | Extreme Cardio Abs Fat Blast Workout Level 3 | | | | | |