

START DATE: _____

FINISH DATE: _____

21 Day Fix Workout Schedule



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Total Body Cardio Fix	Upper Fix	Lower Fix Or Barre Legs*	Pilates Fix Or Flat Abs Fix*	Cardio Fix	Dirty 30	Yoga Fix
WEEK 2	Total Body Cardio Fix	Upper Fix	Lower Fix Or Barre Legs*	Pilates Fix Or Flat Abs Fix*	Cardio Fix	Dirty 30	Yoga Fix
WEEK 3	Total Body Cardio Fix	Upper Fix	Lower Fix Or Barre Legs*	Pilates Fix Or Flat Abs Fix*	Cardio Fix	Dirty 30	Yoga Fix
<small>Optional Double</small> <i>Pilates Fix</i>	<small>Optional Double</small> <i>Cardio Fix</i>	<small>Optional Double</small> <i>10 Minute Fix For Abs</i>	<small>Optional Double</small> <i>Total Body Cardio Fix</i>	<small>Optional Double</small> <i>Upper Fix</i>	<small>Optional Double</small> <i>Pilates Fix</i>		

**Flat Abs Fix and Barre Legs are part of the 21 Day Fix Ultimate Package. To purchase, contact your coach.*