

21 Day Fix Workout Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Total Body Cardio Fix	Upper Fix	Lower Fix or Barre Legs*	Pilates Fix or Flat Abs Fix*	Cardio Fix	Dirty 30
Total Body Cardio Fix	Upper Fix	Lower Fix or Barre Legs*	Pilates Fix or Flat Abs Fix*	Cardio Fix	Dirty 30
Total Body Cardio Fix	Upper Fix	Lower Fix or Barre Legs*	Pilates Fix or Flat Abs Fix*	Cardio Fix	Dirty 30

Doubles Option - Perform Two Workouts on Days 15-21 at a Different Time of Day

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
Total Body Cardio Fix and Pilates Fix	Upper Fix and Cardio Fix	Lower Fix and 10-Minute Fix for Abs	Pilates Fix and Total Body Cardio Fix	Cardio Fix and Upper Fix	Dirty 30 and Pilates Fix

*Flat Abs Fix and Barre Legs are included in the 21 Day Fix Ultimate Package

<http://thefitnessfocus.com/21-day-fix-21-day-fix-workout-schedule-portion-control-diet-s>

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Sunday

Yoga Fix

Yoga Fix

Yoga Fix

Day

Day 21

Yoga Fix

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