

# Hip Hop Abs & Turbo Jam Hybrid

## Week 1

Monday – Fat Burning Cardio  
Tuesday – Cardio Party  
Wednesday – Total Body Burn  
Thursday – Punch, Kick, and Jam plus Ab Jam  
Friday – Stretching/Pilates/Yoga/Walk  
Saturday – Totally Tubular Turbo  
Sunday – Rest

## Week 2

Monday – Punch, Kick, and Jam plus Ab Jam  
Tuesday – Fat Burning Cardio & Secrets to Flat Abs  
Wednesday – Cardio Party  
Thursday – Total Body Burn  
Friday – Fat Blaster  
Saturday – Fat Burning Cardio & Secrets to Flat Abs  
Sunday – Rest

## Week 3

Monday – Total Body Burn  
Tuesday – Cardio Party 2  
Wednesday – Hips, Buns, and Thighs  
Thursday – Stretch (you pick) & Secrets to Flat Abs  
Friday – Cardio Party Remix CPR  
Saturday – Cardio Party 3 plus floor ver. of AB Jam  
Sunday – Rest

## Week 4

Monday – Booty Sculpt Turbo Jam Live plus Cardio Party Remix  
Tuesday – Fat Burning Cardio & Secrets to Flat Abs  
Wednesday – Punch, Kick & Jam – 1/2 with hand gloves plus standing version of AB Jam  
Thursday – Fat Burning Cardio & Secrets to Flat Abs  
Friday – Stretch (you pick)  
Saturday – Hips, Buns, and Thighs  
Sunday – Rest

## Week 5 (Recovery)

Monday – Stretch  
Tuesday – Stretch & Ab Sculpt  
Wednesday – Stretch  
Thursday – Stretch & Ab Jam  
Friday – Stretch  
Saturday – Stretch & Ab Sculpt  
Sunday – Rest

## Week 6

Monday – Total Body Burn  
Tuesday – Cardio Party  
Wednesday – Hips, Buns, and Thighs & Secrets to Flat Abs  
Thursday – Fat Blaster (30 min.)  
Friday – Stretch/yoga/pilates/walk  
Saturday – Cardio Party 2 Ab Jab Standing and floor  
Sunday – Rest

## Week 7

Monday – Cardio Party  
Tuesday – CPR -Cardio Party Remix  
Wednesday – Booty Sculpt Punch, Kick, Jam w/gloves  
Thursday – Total Body Burn  
Friday – Fat Burning Cardio  
Saturday – Hips, Buns, and Thighs  
Sunday – Rest

## Week 8

Monday – Total Body Burn  
Tuesday – Cardio Party 2  
Wednesday – Hips, Buns, and Thighs  
Thursday – Cardio Party 3  
Friday – Booty Sculpt Punch, Kick, Jam w/gloves  
Saturday – Stretch  
Sunday – Rest

## Week 9

Monday – Cardio Party  
Tuesday – Total Body Burn  
Wednesday – Booty Sculpt Punch, Kick, Jam w/gloves  
Thursday – Fat Burning Cardio & Secrets to Flat Abs  
Friday – Cardio Party 2  
Saturday – CPR Cardio Party Remix  
Sunday – Rest

## Week 10 (Recovery)

Monday – Stretch  
Tuesday – Stretch & Ab Jam  
Wednesday – Stretch  
Thursday – Stretch  
Friday – Stretch  
Saturday – Stretch & Ab Jam  
Sunday – Rest