

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Week 1</b>	Fat Burning Cardio (Disk 1)	Fat Burning Cardio	Ab Sculpt (Disk 2)	Fat Burning Cardio	Fat Burning Cardio	Ab Sculpt	<b>Rest</b>
<b>Week 2</b>	Fat Burning Cardio	Fat Burning Cardio & Ab Sculpt	Fat Burning Cardio & Ab Sculpt	Ab Sculpt	Fat Burning Cardio & Ab Sculpt	Fat Burning Cardio & Ab Sculpt	<b>Rest</b>
<b>Week 3</b>	Fat Burning Cardio & Ab Sculpt	Total Body Burn (Disk 2)	Fat Burning Cardio & Hips, Buns and Thighs	Fat Burning Cardio & Ab Sculpt	Total Body Burn	Hips, Buns and Thighs	<b>Rest</b>
<b>Week 4</b>	Total Body Burn	Fat Burning Cardio & Ab Sculpt	Fat Burning Cardio & Hips, Buns and Thighs	Total Body Burn	Fat Burning Cardio & Ab Sculpt	Fat Burning Cardio & Hips, Buns and Thighs	<b>Rest</b>