



The Workout Schedule

SWEET LIFE FITNESS

WEEK #1	Total Body Cardio Fix	Upper Fix	Lower Fix	Pilates Fix	Cardio Fix	Dirty 30	Yoga Fix
WEEK #2	Total Body Cardio Fix	Upper Fix	Lower Fix	Pilates Fix	Cardio Fix	Dirty 30	Yoga Fix
WEEK #3 (Optional Doubles Week!)	Total Body Cardio Fix Pilates Fix	Upper Fix Cardio Fix	Lower Fix 10 Minute Abs	Pilates Fix Total Body Cardio Fix	Cardio Fix Upper Fix	Dirty 30 Pilates Fix	Yoga Fix

You got this! 21 Days, 3 weeks, and you'll be on the way to the RESULTS you Deserve!

Get more support, tips, tricks, and motivation from **SWEET LIFE FITNESS**.net

START DATE:

FINISH DATE:
