

Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	15 Minute Core Centered Workout	Rest or Stretch	15 Minute Arm Shaper Workout	Rest or Stretch	15 Minute Fat Burner Workout	Rest or Stretch	15 Minute Easy Day Workout
Week 2	15 Minute Leg Toner Workout	Rest or Stretch	15 Minute Flat Belly Workout	Rest or Stretch	15 Minute Full Body Burner Workout	Rest or Stretch or My Favorite Ab Workout #1	15 Minute Full Body Stretch Workout
Week 3	15 Minute Cardio Strength Workout	Rest or Stretch	15 Minute Ab Targeted Workout	Rest or Stretch	15 Minute Dumbbell Workout	Rest or Stretch	15 Minute Easy Day Workout/ or 15 Minute Cardio Kick Workout
Week 4	15 Minute High Intensity Workout	Rest or Stretch or My Favorite Ab Workout #2	15 Minute Full Body Swiss Ball Workout	Rest or Stretch	15 Minute Push Yourself Challenge	Rest or Stretch	15 Minute Full Body Stretch Workout/ or 15 Minute Kettlebell Workout
Week 5	15 Minute Core Centered Workout	Rest or Stretch	15 Minute Arm Shaper Workout	Rest or Stretch	15 Minute Fat Burner Workout	Rest or Stretch	15 Minute Easy Day Workout
Week 6	15 Minute Leg Toner Workout	Rest or Stretch	15 Minute Flat Belly Workout	Rest or Stretch	15 Minute Full Body Burner Workout	Rest or Stretch or My Favorite Ab Workout #1	15 Minute Full Body Stretch Workout
Week 7	15 Minute Cardio Strength Workout	Rest or Stretch	15 Minute Ab Targeted Workout	Rest or Stretch	15 Minute Dumbbell Workout	Rest or Stretch	15 Minute Easy Day Workout/ or 15 Minute Cardio Kick Workout
Week 8	15 Minute High Intensity Workout	Rest or Stretch or My Favorite Ab Workout #2	15 Minute Full Body Swiss Ball Workout	Rest or Stretch	15 Minute Push Yourself Challenge	Rest or Stretch	15 Minute Full Body Stretch Workout/ or 15 Minute Kettlebell Workout

Week 9	15 Minute Core Centered Workout	Rest or Stretch	15 Minute Arm Shaper Workout	Rest or Stretch	15 Minute Fat Burner Workout	Rest or Stretch	15 Minute Easy Day Workout
Week 10	15 Minute Leg Toner Workout	Rest or Stretch	15 Minute Flat Belly Workout	Rest or Stretch	15 Minute Full Body Burner Workout	Rest or Stretch or My Favorite Ab Workout #1	15 Minute Full Body Stretch Workout
Week 11	15 Minute Cardio Strength Workout	Rest or Stretch	15 Minute Ab Targeted Workout	Rest or Stretch	15 Minute Dumbbell Workout	Rest or Stretch	15 Minute Easy Day Workout/ or 15 Minute Cardio Kick Workout
Week 12	15 Minute High Intensity Workout	Rest or Stretch or My Favorite Ab Workout #2	15 Minute Full Body Swiss Ball Workout	Rest or Stretch	15 Minute Push Yourself Challenge	Rest or Stretch	15 Minute Full Body Stretch Workout/ or 15 Minute Kettlebell Workout
Week 13	15 Minute Core Centered Workout	Rest or Stretch	15 Minute Arm Shaper Workout	Rest or Stretch	15 Minute Fat Burner Workout	Rest or Stretch	15 Minute Easy Day Workout
Week 14	15 Minute Leg Toner Workout	Rest or Stretch	15 Minute Flat Belly Workout	Rest or Stretch	15 Minute Full Body Burner Workout	Rest or Stretch or My Favorite Ab Workout #1	15 Minute Full Body Stretch Workout
Week 15	15 Minute Cardio Strength Workout	Rest or Stretch	15 Minute Ab Targeted Workout	Rest or Stretch	15 Minute Dumbbell Workout	Rest or Stretch	15 Minute Easy Day Workout/ or 15 Minute Cardio Kick Workout
Week 16	15 Minute High Intensity Workout	Rest or Stretch or My Favorite Ab Workout #2	15 Minute Full Body Swiss Ball Workout	Rest or Stretch	15 Minute Push Yourself Challenge	Rest or Stretch	15 Minute Full Body Stretch Workout/ or 15 Minute Kettlebell Workout

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Week 1							
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Week 16							