



STARTER CALENDAR

<i>ABS</i>	<i>TOTAL BODY</i>	<i>BOOTY</i>	<i>FAT BURN</i>	<i>THIGHS + LEGS</i>	<i>PIIT STOP</i>	<i>ARMS</i>
1 ABS FOCUS x4	2 TOTAL BODY SLIMDOWN x4	3 BOOTY FOCUS x4	4 FAT BURNING PIIT x4	5 LEGS FOCUS x4	6 REST DAY	7 ARMS FOCUS x4
8 INTENSE AB BURN x4	9 FAT BURN FOCUS x4	10 BOOTY POPPIN PIIT x4	11 SNOWBUNNY BLAST x4	12 LEG SLIMMING PIIT x4	13 REST DAY	14 LEAN & TONED ARMS x4
15 ABS FOCUS x4	16 TOTAL BODY SLIMDOWN x4	17 BOOTY FOCUS x4	18 FAT BURNING PIIT x4	19 LEGS FOCUS x4	20 REST DAY	21 ARMS FOCUS x4
22 INTENSE AB BURN x4	23 FAT BURN FOCUS x4	24 BOOTY POPPIN PIIT x4	25 SNOWBUNNY BLAST x4	26 LEG SLIMMING PIIT x4	27 REST DAY	28 LEAN & TONED ARMS x4

