

# HOT AND HEALTHY SUMMER BODY

## Workout Calendar

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
W1	9-Minute Mission + Cardio Challenge	Super Set Shapers	9-Minute Mission + Cardio Challenge	Hot Body HIIT	Rest Day	Sexy Sweat & Stretch	Rest Day
W2	9-Minute Mission + Cardio Challenge	Super Set Shapers	9-Minute Mission + Cardio Challenge	Hot Body HIIT	Rest Day	Sexy Sweat & Stretch	Rest Day
W3	Beach Booty	Tone It Up! + Cardio Challenge	Hump Day HIIT + Cardio Challenge	Tank Top Ready + Cardio Challenge	Rest Day	Summer Sweat	Sweat It Out!
W4	Beach Booty	Tone It Up! + Cardio Challenge	Hump Day HIIT * Cardio Challenge	Tank Top Ready + Cardio Challenge	Rest Day	Summer Sweat	Sweat It Out!

THE ONLY BAD WORKOUT IS THE ONE YOU DIDN'T DO!

# HOT AND HEALTHY SUMMER BODY

## Workout Calendar

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
W5	9-Minute Mission + Cardio Challenge	Tight & Toned Core	9-Minute Mission + Cardio Challenge	No Equipment Butt & Tigh	9-Minute Mission + Cardio Challenge	Itty Bitty Bikini Bootcamp	Rest Day
W6	9-Minute Mission + Cardio Challenge	Tight & Toned Core	9-Minute Mission + Cardio Challenge	No Equipment Butt & Tigh	9-Minute Mission + Cardio Challenge	Itty Bitty Bikini Bootcamp	Rest Day
W7	Tight & Toned Arms	Tone It Up! + Cardio Challenge	Hump Day HIIT + Cardio Challenge	Love Your Booty	Tight & Toned Core	Stair Climb Challenge	Rest Day
W8	Tight & Toned Arms	Tone It Up! + Cardio Challenge	Hump Day HIIT + Cardio Challenge	Love Your Booty	Tight & Toned Core	Stair Climb Challenge	CONGRATULATIONS YOU DID IT!!!

THE ONLY BAD WORKOUT IS THE ONE YOU DIDN'T DO !