

21day CHALLENGE *Schedule*

Total body Cardio Fix	Upper Fix	Lower Fix OR Barre Legs	Pilates Fix OR Flat Abs Fix	Cardio Fix	Dirty 30	Yoga Fix
Total body Cardio Fix	Upper Fix	Lower Fix OR Barre Legs	Pilates Fix OR Flat Abs Fix	Cardio Fix	Dirty 30	Yoga Fix
Total body Cardio Fix	Upper Fix	Lower Fix OR Barre Legs	Pilates Fix OR Flat Abs Fix	Cardio Fix	Dirty 30	Yoga Fix

Optional Doubles Week

Total body Cardio Fix & Pilates Fix	Upper Fix & Cardio Fix	Lower Fix & Pilates Fix	Lower Fix & Total Body Cardio Fix	Cardio Fix & Upper Fix	Dirty 30 & Pilates Fix	Yoga Fix
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CoachMMorris.com

“Your **body**
is worth every
ounce of **workout**
you put in
it”

