

Day 1: Tone: Move 1 & 2 15 reps x 3 Cardio: Move 1 x 3	Day 2: Tone: Move 3 & 4 15 reps x 3 Cardio: Move 1 x 3	Day 3: Cardio Burn 2.0: Move 1 3 rounds x 3	Day 4: Tone: Move 5 & 6 15 reps x 3 Cardio: Move 1 x 3	Day 5: Tone: Move 1 & 2 15 reps x 3 Cardio: Move 1 x 3	Day 6: Cardio Burn 2.0: Move 1 3 rounds x 3	Day 7: REST
Day 8: Tone: Move 3 & 4 20 reps x 3 Cardio: Move 2 x 4	Day 9: Cardio Burn 2.0: Move 2 3 rounds x 3	Day 10: Tone: Move 1 & 2 20 reps x 3 Cardio: Move 2 x 4	Day 11: Tone: Move 5 & 6 20 reps x 3 Cardio: Move 2 x 4	Day 12: Cardio Burn 2.0: Move 2 3 rounds x 3	Day 13: Tone: Move 3 & 4 20 reps x 3 Cardio: Move 2 x 4	Day 14: REST
Day 15: Tone: Move 5 & 6 25 reps x 3 Cardio: Move 3 x 5	Day 16: Cardio Burn 2.0: Move 3 3 rounds x 3	Day 17: Tone: Move 1 & 2 25 reps x 3 Cardio: Move 3 x 5	Day 18: Tone: Move 5 & 6 25 reps x 3 Cardio: Move 3 x 5	Day 19: Tone: Move 3 & 4 25 reps x 3 Cardio: Move 3 x 5	Day 20: Cardio Burn 2.0: Move 3 3 rounds x 3	Day 21: REST
Day 22: Tone: Move 5 & 6 30 reps x 3 Cardio: Move 4 x 6	Day 23: Cardio Burn 2.0: Move 4 3 rounds x 3	Day 24: Tone: Move 3 & 4 30 reps x 3 Cardio: Move 4 x 6	Day 25: Tone: Move 5 & 6 30 reps x 3 Cardio: Move 4 x 6	Day 26: Tone: Move 5 & 6 30 reps x 3 Cardio: Move 4 x 6	Day 27: Cardio Burn 2.0: Move 4 3 rounds x 3	Day 28: REST
Day 29: Cardio Burn 2.0: Move 4 3 rounds x 3	Day 30: REST and RECOVER! You Did it!					