

Love Your Body

Week One Workout Schedule

MONDAY

5 Toning Moves
+ Cardio Challenge

TUESDAY

Love Your Arms Workout
+ Cardio Challenge

WEDNESDAY

5 Toning Moves + Cardio
Challenge

THURSDAY

Love Your Booty Workout +
Cardio Challenge

FRIDAY

5 Toning Moves + Cardio
Challenge

SATURDAY

Love Your Cardio & Core Workout
+ Cardio Challenge

SUNDAY

Rest Day!

Love Your Body

Week Two Workout Schedule

MONDAY

5 Toning Moves
+ Cardio Challenge

TUESDAY

Love Your Arms Workout
+ Cardio Challenge

WEDNESDAY

5 Toning Moves + Cardio
Challenge

THURSDAY

Love Your Booty Workout +
Cardio Challenge

FRIDAY

5 Toning Moves + Cardio
Challenge

SATURDAY

Love Your Cardio & Core Workout
+ Cardio Challenge

SUNDAY

Rest Day!

Love Your Body

Week Three Workout Schedule

MONDAY

At-Home Upper Body Workout
+ Cardio Challenge

TUESDAY

5 Toning Moves + Cardio
Challenge

WEDNESDAY

No Equipment Butt & Thigh
Workout + Cardio Challenge

THURSDAY

5 Toning Moves + Cardio
Challenge

FRIDAY

HIIT Cardio & Core Workout
+ Cardio Challenge

SATURDAY

5 Toning Moves + Cardio
Challenge

SUNDAY

Rest Day!

Love Your Body

Week Four Workout Schedule

MONDAY

At-Home Upper Body Workout
+ Cardio Challenge

TUESDAY

5 Toning Moves + Cardio
Challenge

WEDNESDAY

No Equipment Butt & Thigh
Workout + Cardio Challenge

THURSDAY

5 Toning Moves + Cardio
Challenge

FRIDAY

HIIT Cardio & Core Workout
+ Cardio Challenge

SATURDAY

5 Toning Moves + Cardio
Challenge

SUNDAY

Rest Day!