

30-SECOND BODY 6-Week Workout Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Photos and Measurements 1 Fit Test 1	Cardio Blaze	Airborne	Recovery Yoga	Fire Power	Airborne	Pure Rest
Week 2	Cardio Blaze	Fire Power	Airborne	Recovery Yoga	Cardio Blaze	Fire Power	Pure Rest
Week 3	Fit Test 2	Airborne	Fire Power	Recovery Yoga	Cardio Blaze	Airborne	Photos and Measurements 2 — Pure Rest
Week 4	Cardio Blaze	Airborne	Fire Power	Recovery Yoga	Fire Power	Cardio Blaze	Pure Rest
Week 5	Airborne	Cardio Blaze	Fire Power	Recovery Yoga	Cardio Blaze	Airborne	Pure Rest
Week 6	Fire Power	Airborne	Cardio Blaze	Recovery Yoga	Airborne	Fit Test 3	Photos and Measurements 3 — Pure Rest

* Available as a printout at www.the30secondbody.com.