

# CIRCUIT BURNOUT



Week: 1 2 3

- Day 01 Upper Body Circuit
- Day 02 Sport Yoga: Lower Body
- Day 03 Total Body Circuit
- Day 04 Sport Yoga: Upper Body
- Day 05 Lower Body Circuit
- Day 06 Abs & Burn
- Day 07 Off

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Week: 4 5 6

- Day 01 Upper Body Toning
- Day 02 Abs & Assets
- Day 03 Total Body Toning
- Day 04 Lower Body Toning
- Day 05 Abs & Burn
- Day 06 Off
- Day 07 Sport Yoga: Lower Body

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Week: 7 8 9

- Day 01 Total Body Circuit
- Day 02 Sport Yoga: Upper Body
- Day 03 Lower Body Toning
- Day 04 Upper Body Circuit
- Day 05 Off
- Day 06 Lower Body Circuit
- Day 07 Abs & Assets

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Week: 10 11 12

- Day 01 Upper Body Toning
- Day 02 Sport Yoga: Lower Body
- Day 03 Total Body Toning
- Day 04 Abs & Burn
- Day 05 Lower Body Toning
- Day 06 Upper Body Circuit
- Day 07 Off

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Week: 13

- Day 01 Abs & Assets
- Day 02 Sport Yoga: Upper Body
- Day 03 Total Body Circuit
- Day 04 Upper Body Toning
- Day 05 Lower Body Circuit
- Day 06 Total Body Toning
- Day 07 Goal Achieved

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>