

Total Fitness

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	10 min Full Body Workout	10 min Arm 10 min Abs	10-20 min Leg	20 min Booty Burn	10 min Arm 10 min Abs	10 min Back 10 min Leg	Rest
WEEK 2	15-20min Full Body Workout	10 min Arm 10 min Thigh	30-40 min FULL BODY WORKOUT	10 min Thigh 5-10 min Booty	10 min Arm 10 min Abs	10-20 min Abs	Rest
WEEK 3	20-30min Full Body Workout	10-20 min Abs	30-40 min Booty Burn	10 min Legs 8-10 min Abs	10-20 min Arm	10 min Back 10 min Leg	Rest
WEEK 4	20-30min Full Body Workout	10 min Abs 15 min Arm	30-40 min Booty, Thigh	10 min Leg 10 min Arm	10 min Abs 10 min Back	15-30 min Abs	Rest
WEEK 4	30-40min Full Body Workout	20-30 min Booty Burn					

Workout Plan