



DAY 1
Total Body

DAY 2
Booty, Arms

DAY 3
Legs, Back, Core

DAY 4
Brisk 30 minute walk, Total Body, Booty

DAY 5
Core, Back

DAY 6
30 mins of cardio, Booty, Legs

DAY 7
Day off or swim

DAY 8
Total Body, Core, Legs

DAY 9
Brisk 30 minute walk, Arms, Back

DAY 10
30 mins of cardio, Booty, Legs

DAY 11
Brisk 30 minute walk or jog, Arms, Legs, Core

DAY 12
Day off or swim

DAY 13
Arms, Legs, Core, Booty, Total Body

DAY 14
30 mins of cardio, Back

DAY 15
Legs, Booty

DAY 16
Arms, Core

DAY 17
Day off or swim

DAY 18
30 mins of cardio, Total Body

DAY 19
Arms, Legs, Core, Back

DAY 20
Booty, Total Body

DAY 21
Arms, Core, Legs

DAY 22
30 mins of cardio, Total Body, Back

DAY 23
Arms, Core, Legs, Booty

DAY 24
Day off or swim

DAY 25
Arms, Core, Booty, Legs, Back

DAY 26
30 mins of cardio, Total Body, Core

DAY 27
Booty, Legs

DAY 28
Arms, Back

DAY 29
30 mins of cardio, Total Body, Booty, Core

DAY 30
Total Body, Arms, Booty, Core, Legs, Back

30

DAYS TO

TOTAL

BODY

TONE