

# BACK TO SCHOOL

## 4-Week Workout Plan



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<input type="checkbox"/> <b>AEROBICS</b> -WITH- <b>ATTITUDE</b>	REST	<input type="checkbox"/> <b>ASS &amp;</b> <b>ABS</b>	REST	<input type="checkbox"/> <b>TOP IT</b> <b>OFF</b>	<input type="checkbox"/> <b>VIRGIN</b> <b>YOGA</b>	REST
WEEK 2	<input type="checkbox"/> <b>FAT</b> BURNING PILATES EXTREME	REST	<input type="checkbox"/> <b>LAUGH</b> -YOUR- <b>ASS OFF</b>	REST	<input type="checkbox"/> <b>GET</b> <b>LOW</b>	<input type="checkbox"/> <i>BENDABLE</i> <b>BODY</b>	REST
WEEK 3	<input type="checkbox"/> <b>WEIGH</b> - <b>HARD</b> - CARDIO	REST	<input type="checkbox"/> <b>ABSOLUTION</b>	REST	<input type="checkbox"/> <i>BROADWAY</i> <b>DANCE</b>	<input type="checkbox"/> <b>Brazilian</b> <b>BURN &amp;</b> <b>FIRM</b> PILATES	REST
WEEK 4	<input type="checkbox"/> <b>CARDIO</b> KICKBOXING	REST	<input type="checkbox"/> - <b>REAR</b> - <b>ATTITUDE</b>	REST	<input type="checkbox"/> <b>DIESEL</b>	<input type="checkbox"/> <b>BUFF</b> <b>YOGA</b>	REST