

swimsuit ready in 6 weeks!

Equipment: Total Gym or free weights

2014

The Workout Plan – Total Body Challenge

Feel Good. Look Good.

weekly workout schedule...

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1 TG Blast & Burn	Cardio & Core +Stretch	TG Total Strength	Cardio & Core +Stretch	TG Blast & Burn	Cardio & Core +Stretch	Res Day
2 Cardio & Core +Stretch	TG Legs & Core	Cardio & Core +Stretch	TG Blast & Burn	Cardio & Core +Stretch	TG Arms & Core	Rest Day
3 TG Blast & Burn	Cardio & Core +Stretch	TG Total Strength	Cardio & Core +Stretch	TG Blast & Burn	Cardio & Core +Stretch	Rest Day
4 Cardio & Core +Stretch	TG Legs & Core	Cardio & Core +Stretch	TG Blast & Burn	Cardio & Core +Stretch	TG Arms & Core	Rest Day
5 TG Blast & Burn	Cardio & Core +Stretch	TG Total Strength	Cardio & Core +Stretch	TG Blast & Burn	Cardio & Core +Stretch	Rest Day
6 Cardio & Core +Stretch	TG Legs & Core	Cardio & Core +Stretch	TG Blast & Burn	Cardio & Core +Stretch	TG Arms & Core	Rest Day

KEY:

TG – means Total Gym

TG Blast & Burn – Total Gym routine of strength and cardio intervals

TG Total Strength- Total Gym routine of all strength exercises in circuit format

**Cardio & Core – Cardio, Core, & Stretch of your choice
+Stretch**

TG Legs & Core – Total Gym routine of legs and core

TG Arms & Core – Total Gym routine of arms & core

Rest Day – Rest and recover or have an active rest day