



&

21 day
FIX

**Hybrid
Workout
Schedule**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Sweat	Upper Fix	Strength Intervals	Total Body Cardio	Core or Hardcore	Lower Fix or Barre Legs	Off or Yoga Fix
WEEK 2	Cardio Fix	Buns	Dirty 30	Drench	Pilates Fix or Fkat Abs	Sculpt	Off or Yoga Fix
WEEK 3	Upper Fix	Sweat	Total Body Cardio	Strength Intervals	Lower Fix or Barre Legs	Core or Hardcore	Off or Yoga Fix
WEEK 4	Buns	Cardio Fix	Drench	Dirty 30	Sculpt	Pilates Fix or Fkat Abs	Off or Yoga Fix

<http://thefitnessfocus.com>