

START DATE: _____

FINISH DATE: _____

21 DAY FIX



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	Total Body Cardio Fix	Upper Fix	Lower Fix Or Barre Legs*	Pilates Fix Or Flat Abs Fix*	Cardio Fix	Dirty 30	Yoga Fix
WEEK 2	Total Body Cardio Fix	Upper Fix	Lower Fix Or Barre Legs*	Pilates Fix Or Flat Abs Fix*	Cardio Fix	Dirty 30	Yoga Fix
WEEK 3	Total Body Cardio Fix	Upper Fix	Lower Fix Or Barre Legs*	Pilates Fix Or Flat Abs Fix*	Cardio Fix	Dirty 30	Yoga Fix

Join The Exercise Movement at TheExerciseMovement.com
Make me your FREE coach by emailing me at CoachTeriMD@gmail.com
For daily support and motivation, follow me at www.Facebook.com/TheExerciseMovement