

21 day <b>FIX</b>		21 Day Fix Workout Calendar						
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	TOTAL BODY CARDIO FIX	UPPER FIX	LOWER FIX	PILATES FIX	CARDIO FIX	DIRTY 30	YOGA FIX	
Week 2	TOTAL BODY CARDIO FIX	UPPER FIX	LOWER FIX	PILATES FIX	CARDIO FIX	DIRTY 30	YOGA FIX	
Week 3	TOTAL BODY CARDIO FIX	UPPER FIX	LOWER FIX	PILATES FIX	CARDIO FIX	DIRTY 30	YOGA FIX	
Week 4	TOTAL BODY CARDIO FIX & PILATES FIX	UPPER FIX & CARDIO FIX	LOWER FIX & 10 MINUTE ABS	TOTAL BODY CARDIO FIX & PILATES FIX	CARDIO FIX & UPPER FIX	DIRTY 30 & PILATES FIX	YOGA FIX	

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