



TRAIN LIKE AN ATHLETE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WK 1	Boom30: <i>Footwork Strength</i>	Blast15: <i>Upper Body Core Focus (optional)</i>	Rest or Recovery	LIVE Virtual Training	Blitz30: <i>Lower Body Circuit</i>	Just Box15: <i>21-Combo Core Blast5: Mommy Minute</i>	Rest or Recovery
WK 2	Boom30: <i>Full Body Bodyweight Burn</i>	Blast20: <i>Bodyweight Arms & Abs</i> Just Box15: <i>31-Combo</i>	Blast15: <i>Legs & Core</i> Core Blast5: <i>Mommy Minute (optional)</i>	Regen	Boom30: <i>Full Body</i>	Core Blast5: <i>Step 1 to Shredded Abs (optional)</i>	Rest or Recovery
WK 3	Boom45: <i>Glutes & Abs</i> Core Blast5: <i>Mommy Minute</i>	Regen	Blast20: <i>Full Body Burner</i> Just Box15: <i>Shadowbox</i>	LIVE Virtual Training (optional)	Blitz30: <i>Full Body Strength & Conditioning</i>	Just Box25: <i>Base</i> Core Blast5: <i>Core Fundamentals (optional)</i>	Rest or Recovery
WK 4	Boom30: <i>Full Body</i>	Blitz45: <i>Back & Upper Body</i>	Recovery Core Blast5: <i>Core Fundamentals</i>	Blast20: <i>Speed & Agility</i> Just Box15: <i>Fast Hands</i>	Boom30: <i>Kettlebell Full Body Flow</i>	Blitz30: <i>Booty Band</i> Core Blast5: <i>Mommy Minute (optional)</i>	Regen