

# 28-Day Spring Shred

## Workout Calendar

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
W1	1 Total Body Shred	2 20-Minutes Cardio	3 LIVE Workout	4 20-Minutes Cardio	5 Total Body Shred	6 1000 Rep Cardio & Core Challenge	7 Rest Day
W2	8 Booty Burn	9 30-Minutes Cardio	10 LIVE Workout	11 30-Minutes Cardio	12 Toned Arms & Abs	13 1000 Rep Cardio & Core Challenge	14 Rest Day
W3	15 Total Body Shred	16 30-Minutes Cardio + Core Circuit	17 LIVE Workout	18 30-Minutes Cardio + Core Circuit	19 Total Body Shred	20 Yoga Class or At-Home Video	21 Rest Day
W4	22 Booty Burn	23 30-Minutes Cardio + Core Circuit	24 LIVE Workout	25 30-Minutes Cardio + Core Circuit	26 Toned Arms & Abs	27 Total Body Shred	28 Challenge Complete

*THE ONLY BAD WORKOUT IS THE ONE YOU DIDN'T DO!*