

START DATE: \_\_\_\_\_

FINISH DATE: \_\_\_\_\_

# TURBO JAM: BEGINNER SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	LEARN & BURN	LEARN & BURN	20 MIN WORKOUT	20 MIN WORKOUT	REST	REST	REST
WEEK 2	20 MIN WORKOUT	20 MIN WORKOUT ABS JAM	CARDIO PARTY	20 MIN WORKOUT ABS JAM	20 MIN WORKOUT	REST	REST
WEEK 3	20 MIN WORKOUT ABS JAM	CARDIO PARTY	TURBO SCULPT ABS JAM	CARDIO PARTY	20 MIN WORKOUT ABS JAM	REST	REST
WEEK 4	CARDIO PARTY	20 MIN WORKOUT ABS JAM	20 MIN WORKOUT	CARDIO PARTY	TURBO SCULPT ABS JAM	REST	REST

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START DATE: \_\_\_\_\_

FINISH DATE: \_\_\_\_\_

# TURBO JAM: ADVANCED SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5	LEARN & BURN	20 MIN WORKOUT	CARDIO PARTY	20 MIN WORKOUT	CARDIO PARTY	REST	REST
WEEK 6	CARDIO PARTY	20 MIN WORKOUT ABS JAM	CARDIO PARTY	20 MIN WORKOUT ABS JAM	CARDIO PARTY	REST	REST
WEEK 7	CARDIO PARTY	TURBO SCULPT	20 MIN WORKOUT ABS JAM	TURBO SCULPT	CARDIO PARTY	REST	REST
WEEK 8	CARDIO PARTY	TURBO SCULPT ABS JAM	CARDIO PARTY	TURBO SCULPT ABS JAM	CARDIO PARTY	REST	REST

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