# BOD All Access 21 Day, 30 Minute Workout Sampler - VERSION 2

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| 1 | **CARDIO/ DANCE**: COUNTRY HEAT: COUNTRY SWING - highly recommend watching the breakdown first! | **LIGHT CARDIO/TONE:** PIYO - SCULPT | **RESISTANCE**: 21 DAY FIX - DIRTY 30 (*WEIGHTS REQUIRED) | **CARDIO**: P90X3 - WARRIOR | **YOGA**: YOGA RETREAT - TED'S YOGA - MUSCLE RECOVERY | **CARDIO/ DANCE:** TURBOFIRE HIIT 25 OR CIZE CRAZY 8'S | **REST DAY** OR 21 DAY FIX - PILATES FIX |
| 2 | **RESISTANCE**: CHALEAN EXTREME - BURN CIRCUIT 3 (WEIGHTS REQUIRED) | **CARDIO**: CORE DE FORCE - MMA SPEED | **LIGHT CARDIO/ TONE:** PIYO **-** BUNS | **CARDIO/ DANCE**: COUNTRY HEAT - GIDDY UP | **RESISTANCE**:A UTUMN'S EXCLUSIVES - KILL CUPCAKE (*WEIGHTS REQUIRED) | **YOGA**: P90X3 - YOGA X | **REST DAY** OR CORE DE FORCE - ACTIVE RECOVERY |
| 3 | **CARDIO**: CORE DE FORCE - MMA MASHUP (27 MINS) | **CARDIO/ DANCE:** CIZE - TURN IT ON OR COUNTRY HEAT - TRAIL RIDE | **LIGHT CARDIO/ TONE:** PIYO - CORE | **RESISTANCE**: 21 DAY FIX - REMIX -DIRTY DOZEN | **CARDIO:** P90X3 - DYNAMIX OR 21 DAY FIX - BARRE LEGS | **RESISTANCE**: 21 DAY FIX - CARDIO FIX (WEIGHTS) | **REST DAY** OR COUNTRY HEAT - CARDIO ROUND UP OR CATCH UP DAY - YOU DID IT! |
| notes | All programs have Core workouts! They are mostly short and I highly recommend all of them to try - they are all good! If you have extra time, do one. | | | | | | |