

BOD All Access 28 Day Sampler!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	<b>CARDIO:</b> <u>22 MINUTE HARD CORPS</u> - CARDIO 1, COLD START AND CORE 1 OPTIONAL	<b>RESISTANCE:</b> <u>21 DAY FIX - DIRTY 30</u> (*WEIGHTS REQUIRED)	<b>CARDIO:</b> <u>P90X3 - WARRIOR</u>	<b>RESISTANCE:</b> <u>AUTUMN'S EXCLUSIVES - KILL CUPCAKE</u> (*WEIGHTS REQUIRED)	<b>YOGA:</b> <u>21 DAY FIX - YOGA FIX</u>	<b>CARDIO:</b> <u>FOCUS T25 - SPEED 1.0</u> OR <u>TURBOFIRE HIIT 25</u>	<b>REST DAY</b>
2	<b>RESISTANCE:</b> <u>HAMMER &amp; CHISEL</u> - HAMMER CONDITIONING (WEIGHTS)	<b>CARDIO:</b> <u>CORE DE FORCE - MMA SPEED</u>	<b>RESISTANCE:</b> <u>22 MINUTE HARD CORPS</u> - RESISTANCE 1(WEIGHTS and RESISTANCE BAND)*COLD START AND CORE 1 OPTIONAL	<b>CARDIO:</b> <u>FOCUS T25 - TOTAL BODY CIRCUIT</u>	<b>RESISTANCE:</b> <u>21 DAY FIX EXTREME - UPPER FIX EXTREME</u> (WEIGHTS)	<b>YOGA:</b> <u>YOGA RETREAT - TED'S YOGA</u> - MUSCLE RECOVERY	<b>REST DAY</b>
3	<b>CARDIO:</b> <u>CORE DE FORCE - MMA MASHUP (27 MINS)</u> OR <u>MMA SHRED (37 MINS)</u>	<b>RESISTANCE:</b> <u>HAMMER AND CHISEL - TOTAL BODY CHISEL (36 MINS)</u> (WEIGHTS)	<b>CARDIO:</b> <u>P90X3 - AGILITY</u>	<b>ACTIVE RECOVERY:</b> <u>PIYO - CORE</u>	<b>RESISTANCE:</b> <u>22 MINUTE HARD CORPS - RESISTANCE 2 (WEIGHTS AND RESISTANCE BAND)OR JOEL'S EXCLUSIVES - 8X8</u>	<b>CARDIO:</b> <u>FOCUS T25 - CARDIO OR TURBOFIRE</u> - TURBO 30	<b>REST DAY</b>
4	<b>RESISTANCE:</b> <u>21 DAY FIX - CARDIO FIX</u> (WEIGHTS)	<b>CARDIO:</b> <u>BODY BEAST - CARDIO</u> (WEIGHTS)	<b>ACTIVE RECOVERY:</b> <u>PIYO - SCULPT</u>	<b>CARDIO:</b> <u>P90X3 - TRIOMETRIX</u>	<b>RESISTANCE:</b> <u>21 DAY FIX EXTREME - LOWER FIX EXTREME</u> (WEIGHTS)	<b>YOGA:</b> <u>P90X3 - YOGA</u>	<b>REST DAY/ CATCH UP DAY - YOU DID IT!!</b>
notes	I tried to use workouts with minimal equipment, but if you don't have a resistance band and a door attachment/or pull up bar for 22 Minute Hard Corps, feel free to fill in that time with push-ups, or repeat the previous set of reps	I avoided workouts that were over 30 minutes as much as I could do give you the greatest sample of programs available. I also did not include any of the 3 Insanity workouts. You're welcome ;)	If you like dance, feel free to sub in <b>Country Heat</b> or <b>Cize!!</b> I would highly recommend watching the "learn it" videos first to get the hang of the moves.	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.			