

Weight Loss Warrior

Workout Calendar

| Week | Mon | Tue | Wed | Thur | Fri | Sat | Sun |
|------|----------------------|----------------------------|---------------------------------|-----------------------------------|--------------------------|----------------------------|-------------|
| W1 | Ramp it up Champ! | Solider up Ma'am! | Conquer the Quest! | Going into Combat! | Facing the Fire! | Weekend Warrior! | Rest Day |
| W2 | Beast Mode Booty! | Courageous To the Core! | Raise the Roof n' RRRROAR!!! | All Guts n' Glory! | Circuit City Cardio! | Can't Stop, Won't Stop! | Rest Day |
| W3 | Butts-O-Steel! | Pump UP The Jam! | In It to Win It! | Go Deep... RRRRRRREAL Deep! | Bring The Action! | Crank It Up! | Rest Day |
| W4 | No Pain! No Gain! | Pump Your Passion! | Challenge = Change! | Squatting for Success! | HIIT Like a WARRIOR!! | Transformation Station! | Rest Day |

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