



UNLEASHED

W O M E N ' S F I T N E S S

UNLEASHED **2 Week - Workout Plan**

INSTRUCTIONS

- 7 Day Per Week Program
- Order of Workouts Below
- Change Days As Needed

EQUIPMENT

Hand Weights - 5 lbs or higher
Step or Box
Jump Rope
Yoga Mat
High Back Chair

WEEK 1

Mondays: - The Original 21 Day Challenge

Tuesdays: - Ballet Core and More/Intro to Step Aerobics

Wednesdays: - Get Fit Fast

Thursdays: - Barre Basics/Intro to Step Aerobics

Fridays: - Functional Training Basics

Saturdays: - Core Concepts

Sundays: - Intro to Vinyasa Flow Yoga

WEEK 2

Mondays: - The Original 21 Day Challenge

Tuesdays: - Ballet Core and More/Intro to Step Aerobics

Wednesdays: - Get Fit Fast

Thursdays: - Barre Basics/Intro to Step Aerobics

Fridays: - Functional Training Basics

Saturdays: - Core Concepts

Sundays: - Intro to Vinyasa Flow Yoga