



21 Day Fix Workout Calendar

It doesn't get easier. You get better.

| | | | | | | |
|---|------------------------------------|--|--|-------------------------------------|-----------------------------------|-----------------------------------|
| Total Body Cardio Fix <input type="checkbox"/> | Upper Fix <input type="checkbox"/> | Lower Fix or Barre Legs <input type="checkbox"/> | Pilates Fix or Flat Abs Fix <input type="checkbox"/> | Cardio Fix <input type="checkbox"/> | Dirty 30 <input type="checkbox"/> | Yoga Fix <input type="checkbox"/> |
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| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Doubles Option  | | | | | | |

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