21 Day Fix / Cize Hybrid Work Out

Before You Start: Take your "Before" photos and stats and videotape yourself each time you do a routine for the 1st time.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
We	Upper Fix	Crazy 8s	Pilates Fix	You Got This/	Dirty 30	Crazy 8s	Yoga Fix
Week I				8 Count Abs			
Me	You Got This/8	Lower Fix	Crazy 8s	Pilates Fix	You Got This/	Dirty 30	Full Out
Week 2	Count Abs				8 Count Abs		
We	Yoga Fix	In the Pocket/8	Upper Fix	Full Out	Pilates Fix	In the Pocket/8	Dirty 30
Week 3		Count Abs				Count Abs	
Week 4	Full Out	Yoga Fix	In the Pocket/8	Lower Fix	Full Out	Pilates Fix	In the Pocket/8
			Count Abs				Count Abs

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Legend: 21 Day Fix Cize

www.mycrazygoodlife.com

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	Monday	Tuesday	Wednesday	Thursday	Iriday	Saturday	Sunday			
Week 1	Upper Fix	Go For It	Pilates Fix	Livin in the 80s/ 8 Count Abs	Dirty 30	Go For It	Yoga Fix			
Week 2	Livin in the 80s/ 8 Count Abs	Lower Fix	Go For It	Pilates Fix	Livin in the 80s/ 8 Count Abs	Dirty 30	Go For It			
Week 3	Yoga Fix	Crazy 8s	Upper Fix	You Got This/8 Count Abs	Pilates Fix	Full Out	Dirty 30			
Week 4	In the Pocket/8 Count Abs	Yoga Fix	Livin in the 80s/ 8 Count Abs	Lower Fix	Go For It	Pilates Fix	You Got This/8 Count Abs			





Legend: 21 Day Fix Cize