

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
Week 1	Upper Fix <input type="checkbox"/>	Crazy 8s <input type="checkbox"/>	Pilates Fix <input type="checkbox"/>	You Got This/ 8 Count Abs <input type="checkbox"/>	Dirty 30 <input type="checkbox"/>	Crazy 8s <input type="checkbox"/>	Yoga Fix <input type="checkbox"/>
Week 2	You Got This/8 Count Abs <input type="checkbox"/>	Lower Fix <input type="checkbox"/>	Crazy 8s <input type="checkbox"/>	Pilates Fix <input type="checkbox"/>	You Got This/ 8 Count Abs <input type="checkbox"/>	Dirty 30 <input type="checkbox"/>	Full Out <input type="checkbox"/>
Week 3	Yoga Fix <input type="checkbox"/>	In the Pocket/8 Count Abs <input type="checkbox"/>	Upper Fix <input type="checkbox"/>	Full Out <input type="checkbox"/>	Pilates Fix <input type="checkbox"/>	In the Pocket/8 Count Abs <input type="checkbox"/>	Dirty 30 <input type="checkbox"/>
Week 4	Full Out <input type="checkbox"/>	Yoga Fix <input type="checkbox"/>	In the Pocket/8 Count Abs <input type="checkbox"/>	Lower Fix <input type="checkbox"/>	Full Out <input type="checkbox"/>	Pilates Fix <input type="checkbox"/>	In the Pocket/8 Count Abs <input type="checkbox"/>



21day
FIX

Legend: 21 Day Fix Cize

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Upper Fix <input type="checkbox"/>	Go For It <input type="checkbox"/>	Pilates Fix <input type="checkbox"/>	Live in the 80s/ 8 Count Abs <input type="checkbox"/>	Dirty 30 <input type="checkbox"/>	Go For It <input type="checkbox"/>	Yoga Fix <input type="checkbox"/>
Week 2	Live in the 80s/ 8 Count Abs <input type="checkbox"/>	Lower Fix <input type="checkbox"/>	Go For It <input type="checkbox"/>	Pilates Fix <input type="checkbox"/>	Live in the 80s/ 8 Count Abs <input type="checkbox"/>	Dirty 30 <input type="checkbox"/>	Go For It <input type="checkbox"/>
Week 3	Yoga Fix <input type="checkbox"/>	Crazy 8s <input type="checkbox"/>	Upper Fix <input type="checkbox"/>	You Got This/8 Count Abs <input type="checkbox"/>	Pilates Fix <input type="checkbox"/>	Full Out <input type="checkbox"/>	Dirty 30 <input type="checkbox"/>
Week 4	In the Pocket/8 Count Abs <input type="checkbox"/>	Yoga Fix <input type="checkbox"/>	Live in the 80s/ 8 Count Abs <input type="checkbox"/>	Lower Fix <input type="checkbox"/>	Go For It <input type="checkbox"/>	Pilates Fix <input type="checkbox"/>	You Got This/8 Count Abs <input type="checkbox"/>



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