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THE APPLE SHAPE WORKOUT PLAN:

Suggested 4-Week Schedule

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	The Apple Shape Workout	HIIT Cardio And Core	The Apple Shape Workout	Fat Burning Flat Belly Fusion	The Apple Shape Workout	Cardio Ball Blast + Waistline Work	Active Rest Day
Week 2	HIIT Cardio And Core	The Apple Shape Workout	Cardio Ball Blast + Waistline Work	The Apple Shape Workout	Fat Burning Flat Belly Fusion	HIIT Cardio And Core	Active Rest Day
Week 3	The Apple Shape Workout	HIIT Cardio And Core	The Apple Shape Workout	Cardio Ball Blast + Waistline Work	The Apple Shape Workout	Fat Burning Flat Belly Fusion	Active Rest Day
Week 4	Fat Burning Flat Belly Fusion	The Apple Shape Workout	HIIT Cardio And Core	The Apple Shape Workout	Cardio Ball Blast + Waistline Work	The Apple Shape Workout	Active Rest Day