## **The Ultimate Workouts for Weight Loss**Recommended Rotation

JESSICASMITHTV

WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7	28 Minute Cardio	20 Minute Cardio	40 Minute Power	20 Minute Cardio	28 Minute Total	20 Minute Cardio	Active
	Abs	Dance Sculpt	Walk*	Ballet	Body Abs	Flow	Rest
	+	+	*Include warm	+	Transformer	+	Day!
	26 Minute	20 Minute Sole	up + cool down	20 Minute Floor	+	20 Minute Core	
	Concentrated	Sculpt	(Walking for	Barre	4 Minute Tabata	Stretch	
	Abs	(Total Body	Weight Loss)	(Barre Fitness)	(Cardio Abs)	(Total Body	
	(Cardio Abs)	Balance)				Balance)	
2	60 Minute Barre	40 Minute High	28 Minute Total	20 Minute Cardio	40 Minute Power	20 Minute Sole	Active
~	Fitness DVD	Energy Walk*	Body Abs	Dance Sculpt	Walk*	Sculpt	Rest
	(All sections)	*Include warm up +	Transformer	+	*Include warm	+	Day!
		cool down	+	20 Minute Core	up + cool down	20 Minute Cardio	
		(Walking for Weight	28 Minute Cardio	Stretch	(Walking for	Flow	
		Loss)	Abs	(Total Body	Weight Loss)	(Total Body	
			(Cardio Abs)	Balance)		Balance)	
3	28 Minute Total	20 Minute Cardio	20 Minute Barre	40 Minute High	20 Minute Sole	40 Minute Power	Active
0	Body Abs	Flow	Burn	Energy Walk*	Sculpt	Walk*	Rest
	Transformer	+	+	*Include warm	+	*Include warm	Day!
	+	20 Minute Cardio	20 Minute Floor	up + cool down	20 Minute Core	up + cool down	
	26 Minute	Dance Sculpt	Barre	(Walking for	Stretch	(Walking for	
	Concentrated	(Total Body	(Barre Fitness)	Weight Loss)	(Total Body	Weight Loss)	
	Abs	Balance)			Balance)		
	(Cardio Abs)						
4	28 Minute Total	40 Minute Power	20 Minute Sole	28 Minute Cardio	40 Minute High	60 Minute Barre	Active
	Body Abs	Walk*	Sculpt	Abs	Energy Walk*	Fitness DVD	Rest
	Transformer	*Include warm up +	+	+	*Include warm	(All sections)	Day!
	+	cool down	20 Minute Core	26 Minute	up + cool down		
	4 Minute Tabata	(Walking for Weight	Stretch	Concentrated	(Walking for		
	(Cardio Abs)	Loss)	(Total Body	Abs	Weight Loss)		
			Balance)	(Cardio Abs)			
Repeat the rotation as many times as you wish, mix and match based on your needs and preferences.							