

The Ultimate Workouts for Weight Loss

Recommended Rotation

JESSICASMITHTV

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