



30-Day Legs & Booty Workout Plan

<p>Day 1</p> <p><u>LEGS AND BOOTY WORKOUT 1</u></p>	<p>Day 2</p> <p><u>>HOT ABS WORKOUT 1</u> or <u>>Choose Your Own</u> PLUS 20-30 min CARDIO of your choice</p>	<p>Day 3</p> <p>REST</p> <p><u>>10 Simple Rules of Fitness</u></p>	<p>Day 4</p> <p><u>LEGS AND BOOTY WORKOUT 2</u></p>	<p>Day 5</p> <p><u>>UPPER BODY</u> <u>>HOT ABS WORKOUT 2</u> or <u>>Choose Your Own</u></p>	<p>Day 6</p> <p>REST</p> <p><u>>5-Step Food Prep and Recipes Guide</u></p>	<p>Day 7</p> <p><u>>YOGA</u></p>
<p>Day 8</p> <p><u>LEGS AND BOOTY WORKOUT 3</u></p>	<p>Day 9</p> <p><u>>HOT ABS WORKOUT 3</u> or <u>>Choose Your Own</u> PLUS 20-30 min CARDIO of your choice</p>	<p>Day 10</p> <p>REST</p> <p><u>>How to Have a “No Strings Attached” Relationship with Junk Food</u></p>	<p>Day 11</p> <p><u>LEGS AND BOOTY WORKOUT 4</u></p>	<p>Day 12</p> <p><u>>FULL BODY</u> <u>>HOT ABS WORKOUT 4</u> or <u>>Choose Your Own</u></p>	<p>Day 13</p> <p>REST</p> <p><u>>#1 Muscle-Building Secret</u></p>	<p>Day 14</p> <p><u>>UPPER BODY</u></p>
<p>Day 15</p> <p><u>LEGS AND BOOTY WORKOUT 5</u></p>	<p>Day 16</p> <p><u>>HOT ABS WORKOUT 5</u> or <u>>Choose Your Own</u> PLUS 20-30 min CARDIO of your choice</p>	<p>Day 17</p> <p>REST</p> <p><u>>Top 3 Booty Sculpting Secrets</u></p>	<p>Day 18</p> <p><u>LEGS AND BOOTY WORKOUT 6</u></p>	<p>Day 19</p> <p><u>>UPPER BODY</u> <u>>HOT ABS WORKOUT 6</u> or <u>>Choose Your Own</u></p>	<p>Day 20</p> <p>REST</p> <p><u>>F*%\$ Self Doubt!</u></p>	<p>Day 21</p> <p><u>>YOGA</u></p>
<p>Day 22</p> <p><u>LEGS AND BOOTY WORKOUT 1</u></p>	<p>Day 23</p> <p><u>>HOT ABS WORKOUT 1</u> or <u>>Choose Your Own</u> PLUS 20-30 min CARDIO of your choice</p>	<p>Day 24</p> <p>REST</p> <p><u>>Using the Foam Roller</u></p>	<p>Day 25</p> <p><u>LEGS AND BOOTY WORKOUT 2</u></p>	<p>Day 26</p> <p><u>>FULL BODY</u> <u>>HOT ABS WORKOUT 2</u> or <u>>Choose Your Own</u></p>	<p>Day 27</p> <p>REST</p> <p><u>>10 Tips for Staying Lean while Eating Out</u></p>	<p>Day 28</p> <p><u>>UPPER BODY</u></p>
<p>Day 29</p> <p><u>LEGS AND BOOTY WORKOUT 3</u></p>	<p>Day 30</p> <p><u>>HOT ABS WORKOUT 3</u> or <u>>Choose Your Own</u> PLUS 20-30 min CARDIO of your choice</p>	<p>Day 31</p> <p>REST</p> <p><u>>The TRUTH About Your Weight</u></p>				

