

21 Day Fix Workout Calendar

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Total Body Cardio	Upper Fix	Lower Fix	Pilates Fix	Cardio Fix	Dirty 30	Yoga Fix
Date:						

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Total Body Cardio	Upper Fix	Lower Fix	Pilates Fix	Cardio Fix	Dirty 30	Yoga Fix
Date:						

OPTIONAL DOUBLES WEEK. PERFORM WORKOUTS AT TWO DIFFERENT TIMES OF THE DAY.

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DONE!
Total Body Cardio and Pilates Fix	Upper Fix and Cardio Fix	Lower Fix and 10 Minute Fix for Abs	Pilates Fix and Total Body Cardio	Cardio Fix and Upper Fix	Dirty 30 and Pilates Fix	Yoga Fix
Date:						