

Operation "SKINNY JEANS" Beachbody Hybrid Workout

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	PIYO BUNS	MAX:30 Cardio Challenge	T25 CORE CARDIO	21 DF Lower Fix	MAX:30 Sweat Intervals	BBL High & Tight
WEEK 2	BBL Bum Bum	Hammer & Chisel Balance	PIYO CORE	21 DF Lower Fix	T25 Speed 2.0	BBL High & Tight
WEEK 3	PIYO BUNS	BBL Ipanema Booty	T25 CORE SPEED	21 DF Extreme Lower Fix	MAX:30 Cardio Challenge	BBL Higher & Tighter
WEEK 4	BBL Bum Bum	Hammer & Chisel Balance	PIYO Hardcore on Floor	21 DF Extreme Lower Fix	T25 Speed 3.0	BBL Higher & Tighter
WEEK 5	BBL It's Booty Time	BBL Ipanema Booty				

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