

# Hot FOR THE Holidays

## Workout Calendar

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL MILES
ONE	Total Body Toner (Rapid Rounds)	Sexy Short Skirt (Superset Shapers)	Total Body Toner (Tabata Toners)	Strapless Dress (Superset Shapers)	REST DAY	Total Body Toner (Rapid Rounds)	Cardio Core (Tabata Toners)	
TWO	Power Abs (Rapid Rounds)	Booty Booster (Superset Shapers)	Total Body Toner (Tabata Toners)	Upper Body Booster (Superset Shapers)	Power Abs (Rapid Rounds)	Sweaty to the Core (Tabata Toners)	REST DAY	
THREE	Total Body Toner (Rapid Rounds)	Sexy Short Skirt (Superset Shapers)	Holiday Hottie Sweat (Tabata Toners)	REST DAY	Hot Buns (Superset Shapers)	Sweaty to the Core (Tabata Toners)	Holiday Hottie Sweat (Tabata Toners)	
FOUR	Power Abs (Rapid Rounds)	Upper Body Booster (Superset Shapers)	Holiday Hottie Sweat (Tabata Toners)	REST DAY	Hot Buns (Superset Shapers)	Total Body Toner (Tabata Toners)	Holiday Hottie Sweat (Tabata Toners)	
								GOAL 100!!!