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## Bikini Body Guide Workout Planner Weeks 1 - 24

Bikini Body Guide Workout Planner Weeks 1-12									
X	Week 1							N E U R O L O G Y	
	Workout	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
	Resistance (2-3)	X		X		X			
	LISS (2-3)		X			X	X		
	Stretch (1)	X		X		X			
X	Week 2								
	Workout	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
	Resistance (2-3)	X			X		X		
	LISS (2-3)					X			X
	Stretch (1)	X							
X	Week 3								
	Workout	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
	Resistance (2-3)	X		X		X			
	LISS (2-3)		X		X			X	
	Stretch (1)	X		X		X			
X	Week 4								
	Workout	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	Resistance (2-3)	X		X		X			
	LISS (2-3)		X		X		X		
	Stretch (1)	X		X		X			

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## workout at home

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