

BBX Hardcore Workout Schedule

Week 1- Take Photo & Measurements

Monday – BBX Hardcore Level 1
Tuesday – BBX Body Level 1
Wednesday – BBX Hardcore Level 1
Thursday– BBX Burn Level 1
Friday – BBX Hardcore Level 1
Saturday – Rest
Sunday – Rest

Week 2

Monday – BBX Hardcore Level 1
Tuesday – BBX Body Level 1
Wednesday – BBX Hardcore Level 1
Thursday– BBX Burn Level 1
Friday – BBX Hardcore Level 1
Saturday – Rest
Sunday – Rest

Week 3

Monday – BBX Hardcore Level 1
Tuesday – BBX Body Level 1
Wednesday – BBX Hardcore Level 1
Thursday– BBX Burn Level 1
Friday – BBX Hardcore Level 1
Saturday – Rest
Sunday – Rest

Week 4

Monday – BBX Hardcore Level 1
Tuesday – BBX Body Level 1
Wednesday – BBX Hardcore Level 1
Thursday– BBX Burn Level 1
Friday – BBX Hardcore Level 1
Saturday – Take Measurements
Sunday – Rest

Week 5

Monday – BBX Hardcore Level 2
Tuesday – BBX Body Level 2
Wednesday – BBX Hardcore Level 2
Thursday– BBX Burn Level 2
Friday – BBX Hardcore Level 2
Saturday – Rest
Sunday – Rest

Week 6

Monday – BBX Hardcore Level 2
Tuesday – BBX Body Level 2
Wednesday – BBX Hardcore Level 2
Thursday– BBX Burn Level 2
Friday – BBX Hardcore Level 2
Saturday – Rest
Sunday – Rest

Week 7

Monday – BBX Hardcore Level 2
Tuesday – BBX Body Level 2
Wednesday – BBX Hardcore Level 2
Thursday– BBX Burn Level 2
Friday – BBX Hardcore Level 2
Saturday – Rest
Sunday – Rest

Week 8

Monday – BBX Hardcore Level 2
Tuesday – BBX Body Level 2
Wednesday – BBX Hardcore Level 2
Thursday– BBX Burn Level 2
Friday – BBX Hardcore Level 2
Saturday – Take Measurements
Sunday – Rest

Week 9

Monday – BBX Hardcore Level 3
Tuesday – BBX Body Level 3
Wednesday – BBX Hardcore Level 3
Thursday– BBX Burn Level 3
Friday – BBX Hardcore Level 3
Saturday – Rest
Sunday – Rest

Week 10

Monday – BBX Hardcore Level 3
Tuesday – BBX Body Level 3
Wednesday – BBX Hardcore Level 3
Thursday– BBX Burn Level 3
Friday – BBX Hardcore Level 3
Saturday – Rest
Sunday – Rest

Week 11

Monday – BBX Hardcore Level 3
Tuesday – BBX Body Level 3
Wednesday – BBX Hardcore Level 3
Thursday– BBX Burn Level 3
Friday – BBX Hardcore Level 3
Saturday – Rest
Sunday – Rest

Week 12

Monday – BBX Hardcore Level 3
Tuesday – BBX Body Level 3
Wednesday – BBX Hardcore Level 3
Thursday– BBX Burn Level 3
Friday – BBX Hardcore Level 3
Saturday – Take Photo & Measurements
Sunday – Rest