



*Ultimate*

# FIGURE 8<sup>®</sup> WORKOUT SCHEDULE

Please complete 8 weeks of Figure 8 Basic before moving on to Figure 8 Ultimate.

Week	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	Core Cardio Burn	Upper Body Sculpt + Dance Plyo 1	Stretch & Flex	Core Cardio Blast	Lower Body Sculpt + Dance Plyo 1	10 Min Abs + Broadway Body Burn	Recovery
2	Jaana Rhythms Toning	Upper Body Sculpt + Sexy Abs Extreme	Core Cardio Blast	Lower Body Sculpt + Dance Plyo 2	Dance Max Drills	Upper Body Sculpt + Dance Plyo 2	Recovery
3	Core Cardio Burn	Lower Body Sculpt + Sexy Abs Extreme	Jaana Rhythms Toning	Upper Body Sculpt + Dance Plyo 1	Core Cardio Blast	Dance Plyo 2 + Broadway Body Burn	Recovery
4	Jaana Rhythms Toning	Lower Body Sculpt + Broadway Body Burn	Sexy Abs Extreme + Stretch & Flex	Upper Body Sculpt + Dance Plyo 2	Core Cardio Blast	Core Cardio Burn + Final Measurements!	Recovery