Fitness ON RAMP

by Bad Dog Rebel Fitness & Yoga

Week	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
1	EDT WU & Cardio	Rest	Mat Basics for Mortals	Rest	Simple Circuit for Mortals	Rest
2	EDT WU & Cardio	Rest	Mat Basics for Mortals	Rest	Simple Circuit for Mortals	Rest
3	EDT #1	Rest	Lazy Tabata 1	Rest	On The Porch	Rest
4	EDT #1	Rest	Lazy Tabata 1	Rest	On The Porch	Morning Movement & 5-min Stretch
5	Kickboxing for Mortals 1	Rest	Lazy Tabata 2	Rest	Shelly Made Me Do It	Morning Movement & 5-min Stretch
6	Kickboxing for Mortals 2	Rest	Lazy Tabata 2	Rest	Shelly Made Me Do It	30-min Barre

Hard Core. Self Care.

Week	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
7	30 min HIIT	10 min Core	Lazy Circuit Tabata	Rest	30-min Cardio Bodyweight Circuit #1	30-min Barre
8	30 min HIIt	10 min Core	Lazy Circuit Tabata	Rest	30-min Cardio Bodyweight Circuit #1	30-min Barre Too
9	HIIT & FC (Pink Neon)	15 min Mobility Core	Turkish Delight	Rest	Cardio Bodyweight Circuit (60 mins)	30-min Barre
10	HIIT & FC (Pink Neon)	15 min Mobility Core	Turkish Delight	Rest	Cardio Bodyweight Circuit (60 mins)	Barbata 1
11	HIIT & FC (Purple Fire)	Lazy Tabata 1	Lazy Tabata 2	Rest	Cardio Bodyweight Circuit #2 (60 mins)	Barbata Too
12	HIIT & FC (Purple Fire)	Lazy Tabata 1	Lazy Tabata 2	Rest	Cardio Bodyweight Circuit #2 (60 mins)	Barbata Three

Badass. Body Liberation.