



SecretTouch
Health Club



WORKOUT CALENDER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	BOOTCAMP BASICS <i>WORKOUT 1</i>	BOOTCAMP BASICS <i>WORKOUT 1</i>	RECOVERY	BOOTCAMP BASICS <i>WORKOUT 2</i>	BOOTCAMP BASICS <i>WORKOUT 2</i>	RECOVERY	RECOVERY
WEEK 2	POWER TRUE <i>WORKOUT 1</i>	POWER TRUE <i>WORKOUT 1</i>	RECOVERY	POWER TRUE <i>WORKOUT 2</i>	POWER TRUE <i>WORKOUT 2</i>	RECOVERY	RECOVERY
WEEK 3	TIME 2 TONE <i>WORKOUT 1</i>	TIME 2 TONE <i>WORKOUT 1</i>	RECOVERY	TIME 2 TONE <i>WORKOUT 2</i>	TIME 2 TONE <i>WORKOUT 2</i>	RECOVERY	RECOVERY
WEEK 4	BODY POLISHER <i>WORKOUT 1</i>	BODY POLISHER <i>WORKOUT 1</i>	RECOVERY	BODY POLISHER <i>WORKOUT 2</i>	BODY POLISHER <i>WORKOUT 2</i>	RECOVERY	RECOVERY

Consult your doctor and follow all safety instructions before beginning this high intensity and physically demanding exercise program; and nutrition plan.