

Trouble Zone Solution

6 Week Workout Calendar

Week	Mon	Tues	Wed	Thu	Fri	Sat	Sun
ONE	Plank Challenge	Plank Challenge	Plank Challenge	REST DAY	Plank Challenge	Plank Challenge	Plank Challenge
	+	+	+		+	+	+
	Love Your Booty Workout	LISS Cardio	Love Your Cardio + Core Workout		Sweaty to the Core Workout	Love Your Arms Workout	Perfect 10 Abs Challenge
TWO	Plank Challenge	Plank Challenge	Plank Challenge	REST DAY	Plank Challenge	Plank Challenge	Plank Challenge
	+	+ LISS Cardio	+		+	+	+
	Love Your Booty Workout		Love Your Cardio + Core Workout		Sweaty to the Core Workout	Love Your Arms Workout	Perfect 10 Abs Challenge
THREE	Triceps Challenge	Triceps Challenge	Triceps Challenge	Triceps Challenge	REST DAY	Triceps Challenge	Triceps Challenge
	+	+	+	+		+	+
	At-Home Upper Body Workout	HIIT Cardio	Lean & Toned Legs	Tight & Toned Arms		HITT Cardio	Perfect 10 Arms Challenge
FOUR	Triceps Challenge	Triceps Challenge	Triceps Challenge	Triceps Challenge	REST DAY	Triceps Challenge	Triceps Challenge
	+	+	+	+		+	+
	At-Home Upper Body Workout	LISS Cardio	Lean & Toned Legs	Tight & Toned Arms		LISS Cardio	Perfect 10 Arms Challenge
FIVE	Booty Challenge	Booty Challenge	REST DAY	Booty Challenge	Booty Challenge	Booty Challenge	Booty Challenge
	+	+ Upper Body		+ No Equipment	+	+	+
	LISS Cardio Burn	Strength Workout		Butt & Thigh Workout	Toned Tummy Workout	LISS Cardio Burn	Butt & Thigh Challenge
SIX	Booty Challenge	Booty Challenge	REST DAY	Booty Challenge	Booty Challenge	Booty Challenge	Booty Challenge
	+	+ Upper Body		+ No Equipment	+	+	+
	HIIT Cardio Burn	Strength Workout		Butt & Thigh Workout	Toned Tummy Workout	HIIT Cardio Burn	Butt & Thigh Challenge

