

# 21 Day Fix

WEEK  
01

MONDAY	Total Body Fix	
TUESDAY	Lower Fix	
WEDNESDAY	Upper Fix	
THURSDAY	Pilates Fix	
FRIDAY	Cardio Fix	
SATURDAY	Dirty 30	
SUNDAY	Yoga Fix	

WEEK  
02

MONDAY	Cardio Fix	
TUESDAY	Dirty 30	
WEDNESDAY	Upper Fix	
THURSDAY	Yoga Fix	
FRIDAY	Lower Fix	
SATURDAY	Total Body Fix	
SUNDAY	Pilates Fix	

WEEK  
03

MONDAY	Lower Fix	
TUESDAY	Total Body	
WEDNESDAY	Upper Fix	
THURSDAY	Pilates Fix	
FRIDAY	Cardio Fix	
SATURDAY	Dirty 30	
SUNDAY	Yoga Fix	

BEGINNING MEASUREMENTS: CHEST:

WAIST :

HIPS:

WEIGHT:

FAT %:

# 21 Day Fix Extreme

WEEK  
01

MONDAY	Plyo Fix	
TUESDAY	Upper Fix	
WEDNESDAY	Pilates	
THURSDAY	Lower Fix	
FRIDAY	Cardio Fix	
SATURDAY	Dirty 30	
SUNDAY	Yoga Fix	

WEEK  
02

MONDAY	Lower Fix	
TUESDAY	Cardio Fix	
WEDNESDAY	Upper Fix	
THURSDAY	Yoga Fix	
FRIDAY	Dirty 30	
SATURDAY	Plyo Fix	
SUNDAY	Pilates	

WEEK  
03

MONDAY	Upper Fix	
TUESDAY	Plyo Fix	
WEDNESDAY	Dirty 30	
THURSDAY	Pilates	
FRIDAY	Lower Fix	
SATURDAY	Yoga Fix	
SUNDAY	Cardio Fix	

BEGINNING MEASUREMENTS: CHEST:

WAIST :

HIPS:

WEIGHT:

FAT %: