



Bikini BOOTCAMP

CLASS SCHEDULE

#gobikini
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WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 INTRO	READ YOUR MATERIALS	BICEPS + TRICEPS (18) ___ : ___ AM/PM	GLUTES + ABS (22) ___ : ___ AM/PM	REST	CHEST + BACK (26) ___ : ___ AM/PM	GLUTES + ABS (22) ___ : ___ AM/PM	AB CRUSH (10) + STRETCH (10) ___ : ___ AM/PM
2 ENDURANCE + FLEXIBILITY	BOOTCAMP YOGA FLOW (27) ___ : ___ AM/PM	BICEPS + TRICEPS (18) ___ : ___ AM/PM	GLUTES + ABS (22) ___ : ___ AM/PM	REST	CHEST + BACK (26) ___ : ___ AM/PM	CALVES + QUADS (30) ___ : ___ AM/PM	AB CRUSH (10) + STRETCH (10) ___ : ___ AM/PM
3 ENDURANCE + FLEXIBILITY	BOOTCAMP YOGA FLOW (27) ___ : ___ AM/PM	BICEPS + TRICEPS (18) ___ : ___ AM/PM	GLUTES + ABS (22) ___ : ___ AM/PM	REST	CHEST + BACK (26) ___ : ___ AM/PM	GLUTES + ABS (22) ___ : ___ AM/PM	AB CRUSH (10) + STRETCH (10) ___ : ___ AM/PM
4 ENDURANCE + FLEXIBILITY	BOOTCAMP YOGA FLOW (27) ___ : ___ AM/PM	BICEPS + TRICEPS (18) ___ : ___ AM/PM	GLUTES + ABS (22) ___ : ___ AM/PM	REST	CHEST + BACK (26) ___ : ___ AM/PM	CALVES + QUADS (30) ___ : ___ AM/PM	AB CRUSH (10) + STRETCH (10) ___ : ___ AM/PM