



Bikini BOOTCAMP

CLASS SCHEDULE

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WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 HYPERTROPHY	REST	CHEST + SHOULDERS + TRICEPS (26) ___ : ___ AM/PM	QUADS + GLUTES(19) ___ : ___ AM/PM	REST	BACK + BICEPS (25) ___ : ___ AM/PM	HAMSTRINGS + CALVES (22) ___ : ___ AM/PM	AB CRUSH (10) + STRETCH (10) ___ : ___ AM/PM
6 HYPERTROPHY	BOOTCAMP YOGA SCULPT (28) ___ : ___ AM/PM	CHEST + SHOULDERS + TRICEPS (26) ___ : ___ AM/PM	QUADS + GLUTES(19) ___ : ___ AM/PM	REST	BACK + BICEPS (25) ___ : ___ AM/PM	HAMSTRINGS + CALVES (22) ___ : ___ AM/PM	AB CRUSH (10) + STRETCH (10) ___ : ___ AM/PM
7 HYPERTROPHY	BOOTCAMP YOGA FLOW (16) ___ : ___ AM/PM	CHEST + SHOULDERS + TRICEPS (26) ___ : ___ AM/PM	QUADS + GLUTES(19) ___ : ___ AM/PM	HIIT ROUTINE #1(10) ___ : ___ AM/PM	BACK + BICEPS (25) ___ : ___ AM/PM	HAMSTRINGS + CALVES (22) ___ : ___ AM/PM	AB CRUSH (10) + STRETCH (10) ___ : ___ AM/PM
8 HYPERTROPHY	BOOTCAMP YOGA FLOW (16) ___ : ___ AM/PM	CHEST + SHOULDERS + TRICEPS (26) ___ : ___ AM/PM	QUADS + GLUTES(19) ___ : ___ AM/PM	HIIT ROUTINE #1(10) ___ : ___ AM/PM	BACK + BICEPS (25) ___ : ___ AM/PM	HAMSTRINGS + CALVES (22) ___ : ___ AM/PM	AB CRUSH (10) + STRETCH (10) ___ : ___ AM/PM