

21-DAY BODYWEIGHT CALENDAR

day 01 30 MIN CORE + CARDIO (NO JUMPING)	day 02 20 MIN BODYWEIGHT TABATA	day 03 30 MIN CORE + CARDIO 02	day 04 YOGA FOR ATHLETES 02	day 05 15 MIN BODYWEIGHT LEGS	day 06 <i>REST</i>	day 07 20 MIN BODYWEIGHT CARDIO
day 08 YOGA FOR ATHLETES 03	day 09 30 MIN BODYWEIGHT CARDIO + ABS	day 10 10 MIN TOTAL BODY (BODWEIGHT)	day 11 <i>REST</i>	day 12 45 MIN NO EQUIPMENT TOTAL BODY	day 13 25 MINUTE BODYWEIGHT LEGS (NO JUMPING)	day 14 25 MIN TOTAL HIP STRETCH
day 15 30 MIN BODYWEIGHT TABATA	day 16 <i>REST</i>	day 17 40 MIN FULL BODY (NO EQUIPMENT)	day 18 15 MIN BODYWEIGHT CARDIO + ABS	day 19 30 MIN CORE + CARDIO (NO JUMPING)	day 20 10 MIN TOTAL BODY (BODWEIGHT)	day 21 20 MIN BODYWEIGHT TABATA