



# FIGURE 8<sup>®</sup>

## WORKOUT SCHEDULE

Week	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	Beginning Measurements + 3 Core Moves + Tips + Layering	Layering + Signature Moves	One on One (1st Half):  Merengue + Samba + Salsa	One on One (2nd Half):  Paso Doble + Jive + Rumba + Bolero	Dance Max Drills	Core Cardio Learn	Recovery
2	Dance Max Drills	Core Cardio Learn	Dance Max Drills	10 Min Abs	Core Cardio Learn	Dance Max Drills	Recovery
3	10 Min Abs	Core Cardio Burn	Dance Max Drills	Stretch & Flex	Core Cardio Burn	Dance Max Drills	Recovery
4	10 Min Abs	Core Cardio Burn	Core Cardio Learn	Stretch & Flex	Core Cardio Blast	Dance Max Drills	Recovery + Midpoint Measurements



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## WORKOUT SCHEDULE

Week	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
5	10 Min Abs	Core Cardio Burn	Upper Body Sculpt	Stretch & Flex	Core Cardio Blast	Lower Body Sculpt	Recovery
6	Upper Body Sculpt	Jaana Rhythms Toning	Upper Body Sculpt + 10 Min Abs	Core Cardio Blast	Lower Body Sculpt	Dance Max Drills	Recovery
7	Core Cardio Learn	Core Cardio Burn	Lower Body Sculpt + 10 Min Abs	Jaana Rhythms Toning	Upper Body Sculpt + Stretch & Flex	Core Cardio Blast	Recovery
8	Core Cardio Burn	Jaana Rhythms Toning	Lower Body Sculpt + Upper Body Sculpt	10 Min Abs + Stretch & Flex	Lower Body Sculpt + Upper Body Sculpt	Core Cardio Blast	Recovery + Final Measurements