

21-Day Detox

Week One Workout Schedule

MONDAY

5 Toning Moves + Cardio
Challenge

TUESDAY

5 Toning Moves + Cardio Challenge
+ Optional Total Body Workout

WEDNESDAY

5 Toning Moves + Cardio
Challenge

THURSDAY

5 Toning Moves + Cardio Challenge
+ Optional Detox Yoga Flow

FRIDAY

5 Toning Moves + Cardio
Challenge

SATURDAY

5 Toning Moves + Cardio Challenge
+ Optional Total Body Workout

SUNDAY

Rest Day!

21-Day Detox

Week Two Workout Schedule

MONDAY

5 Toning Moves + Cardio Challenge
+ Optional Yoga Booty Burn

TUESDAY

5 Toning Moves + Cardio
Challenge

WEDNESDAY

5 Toning Moves + Cardio Challenge
+ Optional Arms & Abs Burn

THURSDAY

5 Toning Moves + Cardio
Challenge

FRIDAY

5 Toning Moves + Cardio Challenge
+ Optional Detox Yoga Flow & Abs

SATURDAY

5 Toning Moves + Cardio
Challenge

SUNDAY

Rest Day!

21-Day Detox

Week Three Workout Schedule

MONDAY

5 Toning Moves + Cardio Challenge
+ Optional Yoga Core & Booty

TUESDAY

5 Toning Moves + Cardio
Challenge

WEDNESDAY

5 Toning Moves + Cardio Challenge
+ Optional Arms & Abs Burn

THURSDAY

5 Toning Moves + Cardio
Challenge

FRIDAY

5 Toning Moves + Cardio Challenge
+ Optional Total Body Yoga

SATURDAY

5 Toning Moves + Cardio
Challenge

SUNDAY

REST DAY!