

# FITTer in 30 Workout Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Cardio Level 1	FITT Upper Body	FITT Lower Body	FITT Cardio	FITT Sexy Back	Kasheshe Cardio	REST DAY!  PUMZIKA!
Week 2	Cardio Level 1	FITT Upper Body	FITT Lower Body	FITT Cardio	FITT Sexy Back	Kasheshe Cardio	
Week 3	Cardio Level 1	FITT Upper Body	FITT Lower Body	FITT Cardio	FITT Sexy Back	Kasheshe Cardio	
Week 4	Cardio Level 1	FITT Upper Body	FITT Lower Body	FITT Cardio	FITT Sexy Back	Kasheshe Cardio	

## Pairing Options....Abs, Abs, Abs!

During Weeks 2 & 3 – for the days listed, include these abs workouts into your daily routine.  
*Do it at a different time of the day. For instance, do abs in the morning then do the scheduled workout later in the day.*

### Monday

Standing  
Abs

### Wednesday

10 Minute  
Abs

### Friday

FITTastic  
Abs