

21 DAY FIX SCHEDULE



CLASSIC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	TOTAL BODY CARDIO FIX	UPPER FIX	LOWER FIX BARRE LEGS	PILATES FIX OR FLAT ABS FIX	CARDIO FIX	DIRTY 30	YOGA FIX

DOUBLES BONUS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5	PILATES FIX	CARDIO FIX	10-MINUTE FIX FOR ABS	TOTAL BODY CARDIO FIX	UPPER FIX	PILATES FIX	

CONTAINER COLOR CODED LEGEND

- Purple – Fruit
- Green – Vegetables
- Red – Protein
- Yellow – Carbohydrates
- Orange – Nuts
- Table Spoon – Healthy fats
- Blue – Cheese, Hummus

21 day
FIX™