

21 Day Fix Schedule

www.journeytoahealthyself.com

21 Day workout calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Total Body Cardio Fix	Upper Fix	Lower Fix or Barre Legs	Pilates Fix or Flat Abs Fix	Cardio Fix	Dirty 30	Yoga Fix
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Doubles option - add an extra workout during your last week of the Fix

Total Body Cardio Fix & Pilates Fix	Upper Fix and Cardio Fix	Lower Fix and 10 minute Fix for Abs	Pilates Fix and Total Body Cardio Fix	Cardio Fix and Upper Fix	Dirty 30 and Pilates Fix	Yoga Fix
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