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almost lost it

all *Low Impact*

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Schedule. Phase
1: Weeks 1 - 3.

Day 1: Core

Synergistics;

Day 2: Cardio X;

Day 3: Shoulders
& Arms + Ab

Ripper X; Day 4:

Yoga X; Day 5:

Legs & Back + Ab

Ripper X; Day 6:

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Kenpo X; Day 7:

Rest or X

Stretch; Phase

1: Week 4. Day

1: Yoga X; Day

2: Core

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exactly as the
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of protein,
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similar to the
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bend in extended
leg or elevate
your legs 100
reps (2 speeds,

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100) 6 HIP DROP
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arm plank, with
your top foot
staggered on the
floor, drop your
hip two times to
the floor, and
then twist to
reach your top
arm under you as
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the balls of

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