

**10 MINUTES A DAY**  
 10 DAYS LOWER BODY  
 10 DAYS UPPER BODY  
 10 DAYS CORE

# OCTOBER *self* SCHEDULE

## FIT-4-FALL CHALLENGE

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> DAY 1 STACKABLES BOOTY PYRAMID <input type="checkbox"/>	<b>2</b> DAY 2 ADD-ON BANDED BRIDGE SERIES <input type="checkbox"/>	<b>3</b> DAY 3 NEW RELEASE <input type="checkbox"/>	<b>4</b> DAY 4 ADD-ON BOOTY BLAST 2 <input type="checkbox"/>	<b>5</b> DAY 5 LIVE WORKOUT 6:00AM <input type="checkbox"/>	<b>6</b> DAY 6 STACKABLES INNER THIGH PYRAMID <input type="checkbox"/>	<b>7</b> DAY 7 LIVE WORKOUT 6:00AM <input type="checkbox"/>
<b>8</b> DAY 8 ADD-ON OUTER THIGH & BOOTY SERIES <input type="checkbox"/>	<b>9</b> DAY 9 ADD-ON SQUAT STRONG <input type="checkbox"/>	<b>10</b> DAY 10 NEW RELEASE <input type="checkbox"/>	<b>11</b> DAY 11 ADD-ON ALL ABOUT THE TRICEPS <input type="checkbox"/>	<b>12</b> DAY 12 LIVE WORKOUT 6:00AM <input type="checkbox"/>	<b>13</b> DAY 13 ADD-ON BAND BLAST 1 <input type="checkbox"/>	<b>14</b> DAY 14 LIVE WORKOUT 6:00AM <input type="checkbox"/>
<b>15</b> DAY 15 ADD-ON BODYWEIGHT ARMS 2 <input type="checkbox"/>	<b>16</b> DAY 16 STACKABLES TRICEP LADDER <input type="checkbox"/>	<b>17</b> DAY 17 NEW RELEASE <input type="checkbox"/>	<b>18</b> DAY 18 ADD-ON BAND BLAST 2 <input type="checkbox"/>	<b>19</b> DAY 19 LIVE WORKOUT 6:00AM <input type="checkbox"/>	<b>20</b> DAY 20 ADD-ON UPPER BODY BLAST 3 <input type="checkbox"/>	<b>21</b> DAY 21 LIVE WORKOUT 6:00AM <input type="checkbox"/>
<b>22</b> DAY 22 STACKABLES CORE PYRAMID <input type="checkbox"/>	<b>23</b> DAY 23 ADD-ON ADVANCED WEIGHTED DEAD BUG <input type="checkbox"/>	<b>24</b> DAY 24 NEW RELEASE <input type="checkbox"/>	<b>25</b> DAY 25 ADD-ON BALL SERIES 2 <input type="checkbox"/>	<b>26</b> DAY 26 LIVE WORKOUT 6:00AM <input type="checkbox"/>	<b>27</b> DAY 27 ADD-ON MINI BAND BURN <input type="checkbox"/>	<b>28</b> DAY 28 LIVE WORKOUT 6:00AM <input type="checkbox"/>
<b>29</b> DAY 29 ADD-ON CORE BURNOUT <input type="checkbox"/>	<b>30</b> DAY 30 ADD-ON LOWER AB BLAST <input type="checkbox"/>	<b>31</b> NEW RELEASE <input type="checkbox"/>				