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BOOST YOUR FITNESS PROGRAM

1 START 30 MIN HIIT CARDIO	2 LIVE SURPRISE WORKOUT	3 REST	4 30 MIN FULL BODY WORKOUT	5 REST
6 20 MIN ALL ABOUT ABS WORKOUT	7 REST	8 30 MIN CARDIO KICKBOXING WORKOUT	9 LIVE SURPRISE WORKOUT	10 REST
11 30 MIN INTENSE CARDIO WORKOUT	12 REST	13 20 MIN SUPER CORE WORKOUT	14 REST	15 30 MIN CARDIO & STRENGTH WORKOUT
16 LIVE SURPRISE WORKOUT	17 REST	18 24 MIN PYRAMID CARDIO WORKOUT	19 REST	20 20 MIN STRENGTH WORKOUT
21 REST	22 30 MIN TONING CARDIO WORKOUT	23 LIVE SURPRISE WORKOUT	24 REST	25 30 MIN HIIT CARDIO WORKOUT
26 REST	27 20 MIN STANDING ABS WORKOUT	28 REST	29 30 MIN FULL BODY WORKOUT	30 LIVE SURPRISE WORKOUT

