

FITBREAK

Hip-Hop Dance Home Workout Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FULL BODY LIVE WORKOUT 1	Top Rock Workout 1	POWER WORKOUT 1	Active Recovery Workout	FLOOR WORK WORKOUT 1	FREEZES WORKOUT	Rest Day
POWER WORKOUT 2	FULL BODY SET 1	FREEZES WORKOUT	Active Recovery Workout	Top Rock Workout 2	FLOOR WORK WORKOUT 1	Rest Day
FULL BODY LIVE WORKOUT 1	FREEZES WORKOUT	FLOOR WORK WORKOUT 1	Active Recovery Workout	POWER WORKOUT 1	Top Rock Workout 1	Rest Day
POWER WORKOUT 1	FULL BODY SET 1	FREEZES WORKOUT	Active Recovery Workout	POWER WORKOUT 2	FULL BODY SET 2	Rest Day
Shoulder Strength Mobility/Hip Mobility Workouts (both each day) (Monday - Saturday/Recovery Week) See Fitbreak Dance Fitness Page YT						Rest Day
You're Finished!!! If you've made it this far congrats, you're apart of the 1% that commits to their goals.						

Notes

Challenge yourself!! Dont skip
any days!! Let's go!!!