



Get your fix again with even faster results with 21 Day Fix® REAL TIME! There is a different 30-minute workout every day that progresses week to week to get you even more shredded! There are additional bonus 10-minute ab workouts twice a week to give you an extra challenge.

DOUBLES OPTION If you are looking for more dramatic results, there is an optional doubles week from Days 15–21. This second workout is to be done at a different time of day and can help rev your metabolism, burn more calories, and bring you closer to reaching your goal.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	TOTAL BODY CARDIO FIX	LOWER FIX	UPPER FIX	PILATES FIX	CARDIO FIX	DIRTY 30	YOGA FIX
BONUS			10-MINUTE FIX FOR ABS		10-MINUTE FIX FOR ABS		
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
	CARDIO FIX	DIRTY 30	UPPER FIX	YOGA FIX	LOWER FIX	TOTAL BODY CARDIO FIX	PILATES FIX
BONUS		10-MINUTE FIX FOR ABS			10-MINUTE FIX FOR ABS		
	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
	LOWER FIX	TOTAL BODY CARDIO FIX	UPPER FIX	PILATES FIX	CARDIO FIX	DIRTY 30	YOGA FIX
DOUBLES OPTION	PILATES FIX	10-MINUTE FIX FOR ABS	CARDIO FIX	TOTAL BODY CARDIO FIX	UPPER FIX	LOWER FIX	

Consult your physician and follow all safety instructions before beginning this or any exercise program and nutrition plan.

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