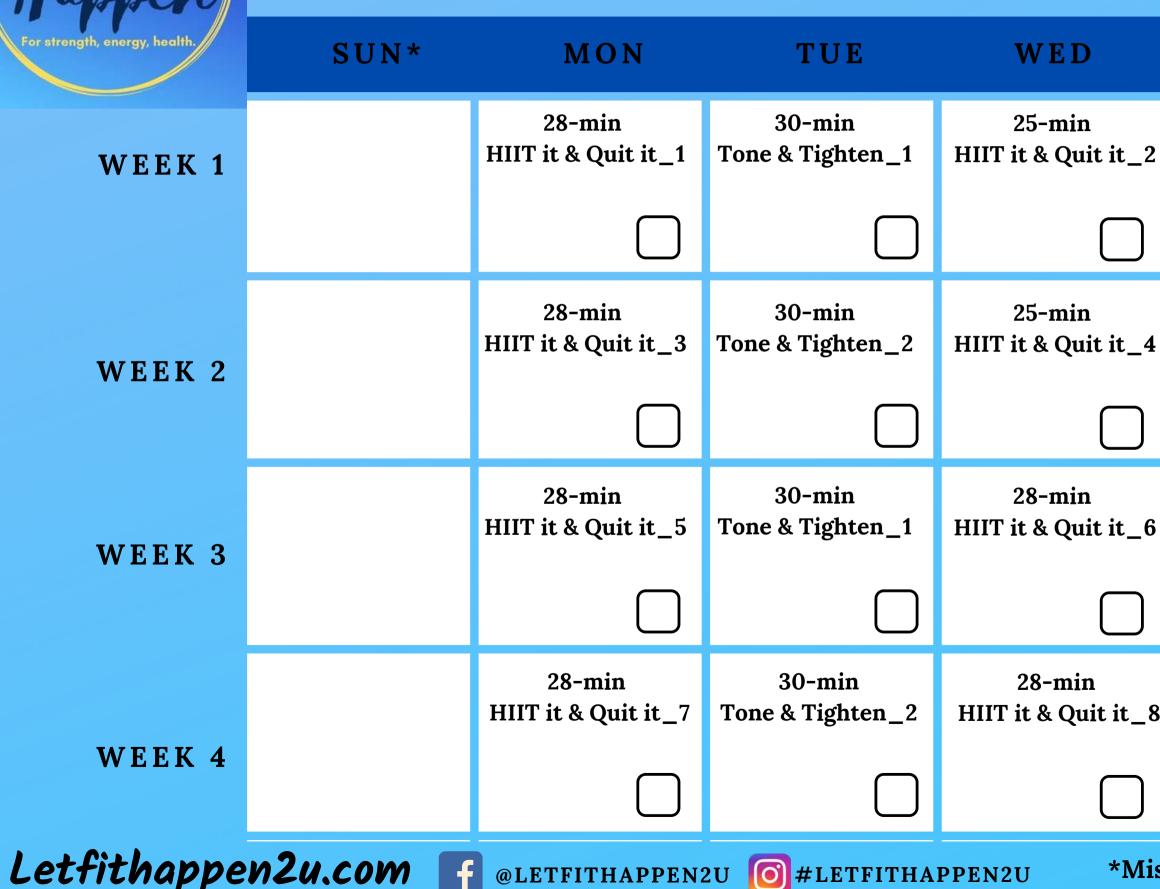
## **4-WEEK CARDIO XT4**

~30-minutes or less. You have time. NO EXCUSES!





THU	FRI	SAT*
30-min Tone & Tighten_1	18-min Flex Flow_1	
30-min Tone & Tighten_2	18-min Flex Flow_1	
30-min Tone & Tighten_1	18-min Flex Flow_2	
30-min Tone & Tighten_2	18-min Flex Flow_2	

\*Missed one of this week's workouts? Make it up Sat or Sun.