

# 21 DAY WORKOUT PLAN

## CORE & CARDIO

### WEEK 1

- GRIT STEP
- COMPLETE CORE
- 45 MIN CARDIO (CYCLE/JOG/ETC)
- POWERBELLE
- TURBO KICK
- SLOW STRETCH
- GRIT STEP

### WEEK 2

- COMPLETE CORE
- 45 MIN CARDIO (CYCLE/JOG/ETC)
- POWERBELLE
- TURBO KICK
- FLEXIN FLOW
- GRIT STEP
- COMPLETE CORE

### WEEK 3

- 45 MIN CARDIO (CYCLE/JOG/ETC)
- POWERBELLE
- TURBO KICK
- SLOW STRETCH
- GRIT STEP
- COMPLETE CORE
- 45 CARDIO (CYCLE/JOG/ETC)

grit