

# ADVANCED

## 30 DAY FITNESS CHALLENGE

# WORKOUT CALENDAR

<b>Day 1</b> <b>BOOTY CAMP</b> <i>60 Minutes</i>	<b>Day 2</b> <b>BRUH-MANCE</b> <i>60 Minutes</i>	<b>Day 3</b> <b>THE SIX</b> <i>45 Minutes</i>	<b>Day 4</b> <b>BOOM SHAKA LAKA</b> <i>60 Minutes</i>	<b>Day 5</b> <b>ARM-A-GET-IT-ON</b> <i>60 Minutes</i>
<b>Day 8</b> <b>BOOTY CAMP</b> <i>60 Minutes</i>	<b>Day 9</b> <b>BRUH-MANCE</b> <i>60 Minutes</i>	<b>Day 10</b> <b>TOO-BAD-AH, TABATA</b> <i>45 Minutes</i>	<b>Day 11</b> <b>BOOM SHAKA LAKA</b> <i>60 Minutes</i>	<b>Day 12</b> <b>ARM-A-GET-IT-ON</b> <i>60 Minutes</i>
<b>Day 15</b> <b>ALL THAT JUNK</b> <i>60 Minutes</i>	<b>Day 16</b> <b>SUPERMAN THAT ROW</b> <i>60 Minutes</i>	<b>Day 17</b> <b>TOO FAST TOO FURIOUS</b> <i>30-50 Minutes</i>	<b>Day 18</b> <b>BAD ASS</b> <i>60 Minutes</i>	<b>Day 19</b> <b>YOU GOT SERVED</b> <i>45 Minutes</i>
<b>Day 22</b> <b>ALL THAT JUNK</b> <i>60 Minutes</i>	<b>Day 23</b> <b>SUPERMAN THAT ROW</b> <i>60 Minutes</i>	<b>Day 24</b> <b>GET INTO FORMATION</b> <i>45 Minutes</i>	<b>Day 25</b> <b>BAD ASS</b> <i>60 Minutes</i>	<b>Day 26</b> <b>YOU GOT SERVED</b> <i>60 Minutes</i>
<b>Day 29</b> <b>BOOTY CAMP</b> <i>60 Minutes</i>	<b>Day 30</b> <b>BRUH-MANCE</b> <i>30 Minutes</i>			

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# Advanced Home Workout Explained 36840

**Yicheng Fang**



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