

# CAROLINE SANDRY



DAY 1  
Total Body

DAY 2  
Booty, Arms

DAY 3  
Legs, Back, Core

DAY 4  
Brisk 30 minute walk, Total Body, Booty

DAY 5  
Core, Back

DAY 6  
30 mins of cardio, Booty, Legs

DAY 7  
Day off or swim

DAY 8  
Total Body, Core, Legs

DAY 9  
Brisk 30 minute walk, Arms, Back

DAY 10  
30 mins of cardio, Booty, Legs

DAY 11  
Brisk 30 minute walk or jog, Arms, Legs, Core

DAY 12  
Day off or swim

DAY 13  
Arms, Legs, Core, Booty, Total Body

DAY 14  
30 mins of cardio, Back

DAY 15  
Legs, Booty

DAY 16  
Arms, Core

DAY 17  
Day off or swim

DAY 18  
30 mins of cardio, Total Body

DAY 19  
Arms, Legs, Core, Back

DAY 20  
Booty, Total Body

DAY 21  
Arms, Core, Legs

DAY 22  
30 mins of cardio, Total Body, Back

DAY 23  
Arms, Core, Legs, Booty

DAY 24  
Day off or swim

DAY 25  
Arms, Core, Booty, Legs, Back

DAY 26  
30 mins of cardio, Total Body, Core

DAY 27  
Booty, Legs

DAY 28  
Arms, Back

DAY 29  
30 mins of cardio, Total Body, Booty, Core

DAY 30  
Total Body, Arms, Booty, Core, Legs, Back

# 30 DAYS TO TOTAL BODY TONE