

# Bikini Body Guide Workout Planner Weeks 1 - 24

## Bikini Body Guide Workout Planner Weeks 1-12

### Week 1

Workout	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Resistance (2-3)	X		X		X		
LISS (2-3)		X			X	X	
Stretch (1)	X		X		X		

### Week 2

Workout	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Resistance (2-3)	X			X		X	
LISS (2-3)					X		X
Stretch (1)	X						

### Week 3

Workout	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Resistance (2-3)	X		X		X		
LISS (2-3)		X		X			X
Stretch (1)	X		X		X		

### Week 4

Workout	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Resistance (2-3)	X		X		X		
LISS (2-3)		X		X		X	
Stretch (1)	X		X		X		

# Kayla It Sines Guide

**O García**



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