



2 week workout plan

- Covers all areas
- Cardio, Resistance & Core
- Most complete plan yet



THE BLAZE PLAN

PROGRAM

Week 1

DAY 1 - Blaze
DAY 2 - Blaze 2
DAY 3 - Blaze 3
DAY 4 - Blaze HipHop House
DAY 5 - Blazing

Week 2

DAY 1 - Blaze 6
DAY 2 - Blaze Reps
DAY 3 - Blaze 8
DAY 4 - Blaze Cardio Pilates
DAY 5 - Blazing 2