

**The JESSICASMITHTV #FITIN15 Workout Plan:
YOU CAN DO THIS!**

- Day 1: Jump Start Cardio
- Day 2: Body Weight Basics
- Day 3: Cardio Party
- Day 4: Total Body Strength
- Day 5: Core Concentration
- Day 6: Chair Yoga
- Day 7: Kickboxing 101
- Day 8: Upper Body Burn
- Day 9: Lower Body Blast
- Day 10: Barre for Beginners
- Day 11: Full Body Fat Burn
- Day 12: Standing Abs, Buns + Thighs
- Day 13: Sculpt and Slim
- Day 14: Boot Camp Blow Out!
- Day 15: S.O.S. – Stretch Out Stress

Remember, if you want to keep working out look for the link in the video description on the YouTube page. You'll see "WANT TO KEEP GOING? CLICK HERE" along with the link to the workout we recommend trying next (it's a full playlist so you can keep going as long as you want, but be sure to pace yourself!).