

# SPIROFIT RESULTS

## 21 DAYS



# 21 DAY BELLY WEIGHT LOSS

*led by **tamelee webb***  
with classes by *tamelee, skip, stacy, keli, and david*

<p>DAY 1</p> <p>INTERVAL TRAINING <b>W/ TAMILEE</b></p>	<p>DAY 2</p> <p>REST DAY MEDITATION <b>W/ SKIP</b></p>	<p>DAY 3</p> <p>CARDIO MUSCLE WORKOUT <b>W/ TAMILEE</b></p>	<p>DAY 4</p> <p>REST DAY</p>	<p>DAY 5</p> <p>STEEL ABOUT THE ABS <b>W/ TAMILEE</b></p>	<p>DAY 6</p> <p>COREGEIOUS <b>W/ STACY</b></p>	<p>DAY 7</p> <p>REST DAY</p>
<p>DAY 8</p> <p>INTERVAL TRAINING <b>W/ TAMILEE</b></p>	<p>DAY 9</p> <p>QUICK FIX STABILITY BALL CORE <b>W/ KELI</b> or STANDING ABS <b>W/TAMILEE</b></p>	<p>DAY 10</p> <p>CARDIO MUSCLE WORKOUT <b>W/ TAMILEE</b></p>	<p>DAY 11</p> <p>REST DAY MEDITATION <b>W/ SKIP</b></p>	<p>DAY 12</p> <p>STEEL ABOUT THE ABS <b>W/ TAMILEE</b></p>	<p>DAY 13</p> <p>REST DAY</p>	<p>DAY 14</p> <p>COREGEIOUS <b>W/ STACY</b></p>
<p>DAY 15</p> <p>INTERVAL TRAINING <b>W/ TAMILEE</b></p>	<p>DAY 16</p> <p>QUICK FIX STABILITY BALL CORE <b>W/ KELI</b> or STANDING ABS <b>W/TAMILEE</b></p>	<p>DAY 17</p> <p>CARDIO MUSCLE WORKOUT <b>W/ TAMILEE</b></p>	<p>DAY 18</p> <p>REST DAY MEDITATION <b>W/ SKIP</b></p>	<p>DAY 19</p> <p>BOSU® UNIVERSITY: DO MORE FOR YOUR CORE <b>W/ DAVID</b></p>	<p>DAY 20</p> <p>CREATIVE CORE <b>W/ STACY</b></p>	<p>DAY 21</p> <p>STEEL ABOUT THE ABS <b>W/ TAMILEE</b></p>

