

# SJF BIKINI BODY PROJECT

## Week 4: Weekly Planner

THE PROGRAM FOR WEEK FOUR IS A PROGRESSION FROM WEEK THREE!  
LOOK CAREFULLY FOR BOLD ITALICS WHERE THE PROGRAM HAS CHANGED!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>TRAINING</b>	PLYO LEGS & GLUTES	FULL BODY CIRCUIT	"HUNDRED CLUB" INTERVAL SESSION	<b>BUILD:</b> REST <b>SHRED:</b> CARDIO ONLY	LEG, GLUTE + PLYO CIRCUIT	BACK, ARMS, CORE CIRCUIT	REST, RESET, GET READY TO ATTACK NEXT WEEK!
<b>CARDIO</b>	PLEASE REFER TO YOUR BUILD OR SHRED ELECTION ABOUT HOW MANY CARDIO CIRCUITS YOU SHOULD PERFORM PER WEEK.						STRETCHING OR YOGA IS OKAY!  NO CARDIO!!
							SEND CHECK INS

*Please read the Program Notes before you begin.*