



ISOLATIONS

Week 1

[Day 1 - Legs](#)

[Day 2 - Core Standing](#)

[Day 3 - Chest and Triceps](#)

[Day 4 - Obliques and Glutes](#)

[Day 5 - Cardio Core](#)

Week 2

[Day 1 - Hamstrings and Back](#)

[Day 2 - Core Mat](#)

[Day 3 - Inner and Outer](#)

[Day 4 - Upper \(arms focus\)](#)

[Day 5 - Shoulders and Calves](#)