



World Dance Workout

Sample Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner Workout	20 min Cardio Dance		WDW 45 min total body		Strength Training		Yoga
<i>The breakdown...</i>	or 20 min Cardio Drum		or WDB 45 min total body (with Cardio Drumming)		or Barre Tone		
Cardio 2/week							
Strength Training 2/week							
Yoga 1/week							
Rest 3/ week							
Intermediate Workout	WDW 45 min total body		WDB 45 min total body (with Cardio Drumming)	Yoga	20 min Cardio Dance or Cardio Drum		Yoga
<i>The breakdown...</i>					plus 20 Strength Training		plus Barre Tone
Cardio 3/week							
Strength Training 4/week							
Yoga 2/week							
Rest 2/ week							
Advanced Workout	WDW 45 min total body	20 min Cardio Dance	WDB 45 min total body (with cardio drumming)	20 min Cardio Drum	Strength Training		Yoga
<i>The breakdown...</i>		plus Yoga		plus Barre Tone			plus 20 min Cardio Dance
Cardio 5/week							
Strength Training 4/week							
Yoga 2/week							
Rest 1/ week							
www.worlddanceworkout.net							