

CALENDAR

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	TAKE "BEFORE" PHOTOS PT FIT TEST CARDIO 1 AND CORE 1*	RESISTANCE 1	CARDIO 1 AND CORE 1*	RESISTANCE 1	CARDIO 2 AND CORE 1*	RESISTANCE 1	DAY OFF MEAL PREP
2	RESISTANCE 2	CARDIO 2 AND CORE 1* OR SPECIAL OPS: CORE†	RESISTANCE 1	CARDIO 1 AND CORE 1* OR SPECIAL OPS: CORE†	RESISTANCE 2	CARDIO 2 AND CORE 1*	DAY OFF MEAL PREP
3	CARDIO 1 AND CORE 1*	RESISTANCE 1	CARDIO 2 AND CORE 1*	RESISTANCE 2	CARDIO 1 AND CORE 1* OR SPECIAL OPS: CORE†	RESISTANCE 2	DAY OFF MEAL PREP
4	RESISTANCE 3	CARDIO 2 AND CORE 1*	RESISTANCE 1	CARDIO 3 AND CORE 1*	RESISTANCE 2 OR SPECIAL OPS: RESISTANCE†	CARDIO 1 OR SPECIAL OPS: CARDIO† AND CORE 1*	PT FIT TEST DAY OFF MEAL PREP
5	RESISTANCE 2	CARDIO 2 OR SPECIAL OPS: CARDIO† AND CORE 2*	RESISTANCE 3	CARDIO 3 AND CORE 2*	RESISTANCE 2 OR SPECIAL OPS: RESISTANCE†	CARDIO 2 AND CORE 2* OR SPECIAL OPS: CORE†	DAY OFF MEAL PREP
6	RESISTANCE 1	CARDIO 2 AND CORE 2* OR SPECIAL OPS: CORE†	RESISTANCE 3	CARDIO 1 AND CORE 2*	RESISTANCE 2 OR SPECIAL OPS: RESISTANCE†	CARDIO 2 OR SPECIAL OPS: CARDIO† AND CORE 2*	DAY OFF MEAL PREP
7	RESISTANCE 3	CARDIO 1 AND CORE 2*	RESISTANCE 1 OR SPECIAL OPS: RESISTANCE†	CARDIO 3 OR SPECIAL OPS: CARDIO† AND CORE 2*	RESISTANCE 3	CARDIO 3 AND CORE 2* OR SPECIAL OPS: CORE†	DAY OFF MEAL PREP
8	RESISTANCE 3 OR SPECIAL OPS: RESISTANCE†	CARDIO 3 AND CORE 2*	RESISTANCE 2	CARDIO 2 AND CORE 2* OR SPECIAL OPS: CORE†	RESISTANCE 3	CARDIO 3 AND CORE 2*	PT FIT TEST TAKE "AFTER" PHOTOS

HELL WEEK CHALLENGE OPTION

★	CARDIO 1 CARDIO 2 CORE 1	RESISTANCE 1 RESISTANCE 3	CARDIO 1 CARDIO 3 CORE 2	RESISTANCE 2 RESISTANCE 3	CARDIO 2 CARDIO 3 CORE 2	RESISTANCE 3 RESISTANCE 1	CARDIO 3 CARDIO 1 CORE 2
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*OPTIONAL

†SPECIAL OPS: RESISTANCE, SPECIAL OPS: CARDIO, and SPECIAL OPS: CORE are part of the DELUXE KIT.