



# PURE STRENGTH HYBRID

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	DOUBLE DAY FRIDAY	STATURDAY	SUNDAY										
1	<b>SPEED 3.0</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>RIP'T UP</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>EXTREME CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>THE PYRAMID</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>TOTAL BODY CIRCUIT</b> <b>SPEED 3.0</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<table border="1"> <tr><td>Weight</td><td></td></tr> <tr><td>Chest</td><td></td></tr> <tr><td>Waist</td><td></td></tr> <tr><td>Arm</td><td></td></tr> <tr><td>Thigh</td><td></td></tr> </table>	Weight		Chest		Waist		Arm		Thigh		STRETCH
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2	<b>THE PYRAMID</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>SPEED 3.0</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>UPPER FOCUS</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>RIP'T CIRCUIT</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<b>EXTREME CIRCUIT</b> <b>DYNAMIC CORE</b> <input type="checkbox"/> NAILED IT <input type="checkbox"/> BARELY MADE IT	<table border="1"> <tr><td>Weight</td><td></td></tr> <tr><td>Chest</td><td></td></tr> <tr><td>Waist</td><td></td></tr> <tr><td>Arm</td><td></td></tr> <tr><td>Thigh</td><td></td></tr> </table>	Weight		Chest		Waist		Arm		Thigh		STRETCH
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CHAD PINK ★ INDEPENDENT BEACHBODY COACH ★ ZILLAFTITNESS.COM

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