

# PSOX<sup>®</sup> + CLASSIC

| WK | DAY 1                               | DAY 2                           | DAY 3                       | DAY 4                     | DAY 5                               | DAY 6             | DAY 7                  |
|----|-------------------------------------|---------------------------------|-----------------------------|---------------------------|-------------------------------------|-------------------|------------------------|
| 1  | UPPER PLUS + ABS/CORE PLUS          | INTERVAL X PLUS + ABS/CORE PLUS | TOTAL BODY PLUS             | YOGA X                    | UPPER PLUS + ABS/CORE PLUS          | KENPO CARDIO PLUS | REST OR X-STRETCH      |
| WK | DAY 8                               | DAY 9                           | DAY 10                      | DAY 11                    | DAY 12                              | DAY 13            | DAY 14                 |
| 2  | UPPER PLUS + ABS/CORE PLUS          | INTERVAL X PLUS + ABS/CORE PLUS | TOTAL BODY PLUS             | YOGA X                    | UPPER PLUS + ABS/CORE PLUS          | KENPO CARDIO PLUS | REST OR X-STRETCH      |
| WK | DAY 15                              | DAY 16                          | DAY 17                      | DAY 18                    | DAY 19                              | DAY 20            | DAY 21                 |
| 3  | UPPER PLUS + ABS/CORE PLUS          | INTERVAL X PLUS + ABS/CORE PLUS | TOTAL BODY PLUS             | YOGA X                    | UPPER PLUS + ABS/CORE PLUS          | KENPO CARDIO PLUS | REST OR X-STRETCH      |
| WK | DAY 22                              | DAY 23                          | DAY 24                      | DAY 25                    | DAY 26                              | DAY 27            | DAY 28                 |
| 4  | BACK & BICEPS + AB RIPPER X         | CORE SYNERGISTICS               | CHEST, SHOULDERS, & TRICEPS | ABS/CORE PLUS + X STRETCH | LEGS & BACK                         | YOGA X            | REST OR STRETCH RECORD |
| WK | DAY 29                              | DAY 30                          | DAY 31                      | DAY 32                    | DAY 33                              | DAY 34            | DAY 35                 |
| 5  | UPPER PLUS + ABS/CORE PLUS          | PLYOMETRICS                     | TOTAL BODY PLUS             | YOGA X                    | UPPER PLUS + ABS/CORE PLUS          | KENPO CARDIO PLUS | REST OR X-STRETCH      |
| WK | DAY 36                              | DAY 37                          | DAY 38                      | DAY 39                    | DAY 40                              | DAY 41            | DAY 42                 |
| 6  | UPPER PLUS + ABS/CORE PLUS          | PLYOMETRICS                     | TOTAL BODY PLUS             | YOGA X                    | UPPER PLUS + ABS/CORE PLUS          | KENPO CARDIO PLUS | REST OR X-STRETCH      |
| WK | DAY 43                              | DAY 44                          | DAY 45                      | DAY 46                    | DAY 47                              | DAY 48            | DAY 49                 |
| 7  | UPPER PLUS + ABS/CORE PLUS          | PLYOMETRICS                     | TOTAL BODY PLUS             | YOGA X                    | UPPER PLUS + ABS/CORE PLUS          | KENPO CARDIO PLUS | REST OR X-STRETCH      |
| WK | DAY 50                              | DAY 51                          | DAY 52                      | DAY 53                    | DAY 54                              | DAY 55            | DAY 56                 |
| 8  | CHEST & BACK                        | CORE SYNERGISTICS               | SHOULDERS & ARMS            | ABS/CORE PLUS + X STRETCH | LEGS & BACK                         | YOGA-X            | REST OR STRETCH RECORD |
| WK | DAY 57                              | DAY 58                          | DAY 59                      | DAY 60                    | DAY 61                              | DAY 62            | DAY 63                 |
| 9  | UPPER PLUS + ABS/CORE PLUS          | INTERVAL X PLUS + ABS/CORE PLUS | TOTAL BODY PLUS             | YOGA X                    | UPPER PLUS + ABS/CORE PLUS          | KENPO CARDIO PLUS | REST OR X-STRETCH      |
| WK | DAY 64                              | DAY 65                          | DAY 66                      | DAY 67                    | DAY 68                              | DAY 69            | DAY 70                 |
| 10 | UPPER PLUS + ABS/CORE PLUS          | PLYOMETRICS                     | TOTAL BODY PLUS             | YOGA X                    | UPPER PLUS + ABS/CORE PLUS          | KENPO CARDIO PLUS | REST OR X-STRETCH      |
| WK | DAY 71                              | DAY 72                          | DAY 73                      | DAY 74                    | DAY 75                              | DAY 76            | DAY 77                 |
| 11 | UPPER PLUS + ABS/CORE PLUS          | INTERVAL X PLUS + ABS/CORE PLUS | TOTAL BODY PLUS             | YOGA X                    | UPPER PLUS + ABS/CORE PLUS          | KENPO CARDIO PLUS | REST OR X-STRETCH      |
| WK | DAY 78                              | DAY 79                          | DAY 80                      | DAY 81                    | DAY 82                              | DAY 83            | DAY 84                 |
| 12 | UPPER PLUS + ABS/CORE PLUS          | PLYOMETRICS                     | BACK/BICEPS & ABS           | YOGA                      | LEGS/BACK & ABS                     | KENPO             | REST OR X-STRETCH      |
| WK | DAY 85                              | DAY 86                          | DAY 87                      | DAY 88                    | DAY 89                              | DAY 90            | DAY 91                 |
| R  | 30 MIN AEROBIC ACTIVITY + X STRETCH | YOGA X                          | CARDIO X                    | CORE SYNERGISTICS         | 30 MIN AEROBIC ACTIVITY + X STRETCH | YOGA-X            | REST OR STRETCH RECORD |

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**RECORD = TAKE PICTURES AND MEASUREMENTS**

**R = RECOVERY WEEK - TAKE MORE AS NEEDED**

**COACHES WANTED!! ASK ME FOR DETAILS [CHAD@ZILLAFITNESS.COM](mailto:CHAD@ZILLAFITNESS.COM)**