



PHASE 1 – FOUNDATION (3 TO 6 WEEKS)							
DAY	WORKOUT	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
1	X2 CORE						
2	PLYOCIDE						
3	REST OR X2 RECOVERY+MOBILITY						
4	X2 TOTAL BODY & X2 AB RIPPER						
5	X2 YOGA						
6	X2 BALANCE & POWER						
7	REST OR X2 RECOVERY+MOBILITY						
PHASE 2 – STRENGTH (3 TO 6 WEEKS)							
DAY	WORKOUT	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
1	CHEST+BACK+BALANCE & X2 AB RIPPER						
2	PLYOCIDE						
3	REST OR X2 RECOVERY+MOBILITY						
4	X2 SHOULDERS+ARMS & X2 AB RIPPER						
5	X2 YOGA						
6	BASE+BACK & X2 AB RIPPER						
7	REST OR X2 RECOVERY+MOBILITY						
PHASE 3 – PERFORMANCE (3 TO 4 WEEKS)							
DAY	WORKOUT	WEEK 1	WEEK 2	WEEK 3	WEEK 4		
1	P.A.P. LOWER						
2	P.A.P. UPPER						
3	X2 YOGA						
4	REST OR X2 RECOVERY+MOBILITY						
5	P.A.P. LOWER						
6	P.A.P. UPPER						
7	REST OR X2 RECOVERY+MOBILITY						
RECOVERY WEEK (WHEN YOU NEED IT)							
DAY	WORKOUT	WEEK 1	WEEK 2	WEEK 3	WEEK 4		
1	X2 RECOVERY +MOBILITY						
2	X2 YOGA						
3	X2 RECOVERY +MOBILITY						
4	X2 YOGA						
5	X2 RECOVERY +MOBILITY						
6	X2 YOGA						
7	REST OR X2 RECOVERY +MOBILITY						

- Take body fat % and photo every 4 weeks
- Advance to the next phase when you feel ready and never spend more than 6 weeks in one phase
- Use a recovery week when you are tired or are showing signs of overtraining
- V-Sculpt & X2 Ab Ripper can be switched for Day 1 of Phase 2
- X2 Chest + Shoulders+Tris & X2 Ab Ripper can be switched for Day 4 of Phase 2
- Log your workouts in the Super Gym at www.getfit.zillafitness.com to track your progress and win prizes

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