

PHASE 1						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CHEST/BACK/ ABS	PLYOMETRIC CARDIO CIRCUIT	SHOULDERS/ ARMS/ABS	YOGA-X *	LEGS/BACK	PURE CARDIO & ABS	REST OR X-STRETCH
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
CHEST/BACK/ ABS	PLYOMETRIC CARDIO CIRCUIT	SHOULDERS/ ARMS/ABS	YOGA-X *	LEGS/BACK	PURE CARDIO & ABS	REST OR X-STRETCH
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
CHEST/BACK/ ABS	PLYOMETRIC CARDIO CIRCUIT	SHOULDERS/ ARMS/ABS	YOGA-X *	LEGS/BACK	PURE CARDIO & ABS	REST OR X-STRETCH
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
CORE CARDIO & BALANCE	CORE SYNERGISTICS	CARDIO RECOVERY	YOGA-X *	PURE CARDIO & ABS	CARDIO RECOVERY	REST OR X-STRETCH
PHASE 2						
DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
CHEST/SHOULDERS/ TRIS/ABS	PLYOMETRIC CARDIO CIRCUIT	BACK/BICEPS/ ABS	YOGA-X *	LEGS/BACK	PURE CARDIO & ABS	REST OR X-STRETCH
DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
CHEST/SHOULDERS/ TRIS/ABS	PLYOMETRIC CARDIO CIRCUIT	BACK/BICEPS/ ABS	YOGA-X *	LEGS/BACK	PURE CARDIO & ABS	REST OR X-STRETCH
DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49
CHEST/ SHOULDERS/TRIS/ABS	PLYOMETRIC CARDIO CIRCUIT	BACK/BICEPS/ ABS	YOGA-X *	LEGS/BACK	PURE CARDIO & ABS	REST OR X-STRETCH
DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56
CORE CARDIO & BALANCE	CORE SYNERGISTICS	CARDIO RECOVERY	YOGA-X *	PURE CARDIO & ABS	CARDIO RECOVERY	REST OR X-STRETCH
PHASE 3						
DAY 57	DAY 58	DAY 59	DAY 60	DAY 61	DAY 62	DAY 63
CHEST/BACK & ABS	MAX INTERVAL PLYO	SHOULDERS/ ARMS/ABS	YOGA-X *	LEGS/BACK	MAX CARDIO & ABS	REST OR X-STRETCH
DAY 64	DAY 65	DAY 66	DAY 67	DAY 68	DAY 69	DAY 70
CHEST/ SHOULDERS/ TRIS/ABS	MAX INTERVAL PLYO	BACK/BICEPS/ ABS	YOGA-X *	LEGS/BACK	MAX CARDIO & ABS	REST OR X-STRETCH
DAY 71	DAY 72	DAY 73	DAY 74	DAY 75	DAY 76	DAY 77
CHEST/BACK/ ABS	MAX INTERVAL PLYO	SHOULDERS/ ARMS/ABS	YOGA-X *	LEGS/BACK	MAX CARDIO & ABS	REST OR X-STRETCH
DAY 78	DAY 79	DAY 80	DAY 81	DAY 82	DAY 83	DAY 84
CHEST/ SHOULDERS/ TRIS/ABS	MAX INTERVAL PLYO	BACK/BICEPS/ ABS	YOGA-X *	LEGS/BACK	MAX CARDIO & ABS	REST OR X-STRETCH
DAY 85	DAY 86	DAY 87	DAY 88	DAY 89	DAY 90	DAY 91
CORE CARDIO & BALANCE	CORE SYNERGISTICS	MAX RECOVERY	X-STRETCH	PURE CARDIO & ABS	CARDIO RECOVERY	DONE! TEST/PHOTO