



MONTH 1

FITNESS | NUTRITION | SUPPLEMENTATION | MINDFULNESS

Three Part Meditation appears once a week on the calendar but can be done as often as you like.

Workouts in BLACK are the recommended routines while WHITE is optional, but still highly recommended.

Start Date:

Body Fat%

Weight:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Cardio 24	Shoulders and Arms Recharge + Crunch Town	Flash Card Plyo	Who's Got Your Back?	Attack and Defend	Don't Skip Yoga + The Power of Core	Three Part Meditation
Week 2	Plyo 30/15	Triple Trouble Challenge + Crunch Town	Flash Card-io	Arms and Abs	Kickin' and Punchin'	Morning Yoga + Three Part Meditation	The Power of Core
Week 3	Heart Lungs and Legs + Crunch Town	Chest/Back Round Robin	Drop, Pulse and Hold	Push + The Power of Core	Pure Stretch	Primal Flow	Crunch Town + Three Part Meditation
Week 4	Head to Toe	Who's Got Your Back?	Flash Card-io + Crunch Town	Shoulders and Arms Recharge	Attack and Defend OR Cardio 24 + The Power of Core	Power and Strength Yoga	The Power of Core + Three Part Meditation

EARN IT! LIVE IT! LOVE IT!