



MONTH 3

FITNESS | NUTRITION | SUPPLEMENTATION | MINDFULNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 9	Push or Shoulders and Arms Recharge + Crunch Town	Flash Cardio or Cardio 24	Who's Got Your Back? or Chest and Back Round Robin	Plyo 30/15 or Flash Card Plyo + The Power of Core	Don't Skip Yoga or Primal Flow	Kickin and Punchin or Attack and Defend	Head to Toe and/or Three Part Meditation
Week 10	Triple Trouble Challenge or Arms and Abs	Heart Lungs and Legs or Drop Pulse and Hold	Shoulders and Arms Recharge or Chest and Back Round Robin	Flash Cardio or Flash Card Plyo + The Power of Core	Attack and Defend or Kickin and Punchin	Pure Stretch or Power and Strength Yoga	Crunch Town
Week 11	Primal Flow or Head to Toe	Pure Stretch or Morning Yoga + Three Part Meditation	Who's Got Your Back? or Triple Trouble Challenge	Plyo 30/15 or Cardio 24 + Crunch Town	Shoulders and Arms Recharge or Push	Kickin and Punchin or Attack and Defend	The Power of Core
Week 12	Drop Pulse and Hold or Flash Card Plyo	Arms and Abs or Chest and Back Round Robin	Flash Cardio or Heart Lungs and Legs	Head to Toe or Who's Got Your Back?	Attack and Defend or Cardio 24 + The Power of Core	Don't Skip Yoga or Morning Yoga	Crunch Town and/or Three Part Mediation
Week 13	Flash Cardio or Primal Flow	Push or Shoulders and Arms Recharge	Plyo 30/15 or Drop Pulse and Hold + Crunch Town	Triple Trouble Challenge or Chest and Back Round Robin	Heart Lungs and Legs or Flash Card Plyo	Pure Stretch or Power and Strength Yoga	Arms and Abs or The Power of Core

This schedule is all about CHOICES.

On any given day you'll have two options, so listen to your body and choose the workout that will best serve you on that day.

All Ab/Core specific routines are in White.

Start Date:

Body Fat%

Weight:

EARN IT! LIVE IT! LOVE IT!