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BUILD - MONTH 1

FITNESS | NUTRITION | SUPPLEMENTATION | MINDFULNESS

Note: This BUILD calendar is intense so be smart and take advantage of the Stop Options and Power Down when necessary to prevent injury. And remember, the more you BUILD the more recovery time you'll need.

Get plenty of restful sleep, and use the Morning Yoga, Pure Stretch, and Three Part Meditation sessions as often as you need them.

Start Date:

Body Fat%

Weight:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Push + Crunch Town	Plyo 30/15	Triple Trouble Challenge	Flash Cardio	Shoulders and Arms Recharge + Power of Core	Morning Yoga and Three Part Meditation	Primal Flow or Day Off
Week 2	Chest and Back Round Robin + Crunch Town	Kickin and Punchin	Morning Yoga + Arms & Abs	Flashcard Plyo	Push + Power of Core	Don't Skip Yoga	Pure Stretch
Week 3	Who's Got Your Back + Crunch Town	Drop Pulse and Hold	Shoulders and Arms Recharge	Attack and Defend	Triple Trouble Challenge + Power of Core	Morning Yoga	Pure Stretch and/or Three Part Meditation
Week 4	Primal Flow	Arms and Abs + Three Part Meditation	Power and Strength Yoga	Chest and Back Round Robin	Flash Cardio	Push + Crunch Town	Don't Skip Yoga

EARN IT! LIVE IT! LOVE IT!