

4

BURN

MONTH 2

FITNESS | NUTRITION | SUPPLEMENTATION | MINDFULNESS

EARN IT! LIVE IT! LOVE IT!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Flash Card Plyo	Triple Trouble Challenge + Crunch Town	Morning Yoga	Kicking and Punching + Power of Core	1+5+5	Cardio 24	Pure Stretch, Walk/Run or Bike Ride or Day Off
Week 2	Drop Pulse Hold	Arms and Abs + Crunch Town	Dont' Skip Yoga	Attack and Defend + Power of Core	Who's Got Your Back	1+5+5	Pure Stretch Or Day Off
Week 3	Heart, Lungs, and Legs	Push + Crunch Town	Power and Strength Yoga	Kicking and Punching + Power of Core	1+5+5	Flash Card-io	Pure Stretch, Walk/Run or Bike Ride or Day Off
Week 4	Primal Flow	Cardio 24	Attack and Defend	Pure Stretch	Flash Card-io	Don't Skip Yoga	Pure Stretch Or Day Off

Start Date:

Body Fat%

Weight:

This BURN calendar is designed to make you sweat and help you get lean. Weight training and other resistance routines are sprinkled throughout this 3 month program because hypertrophy and strength exercises work in concert with leg and cardio routines to help you achieve your goals. The Pure Stretch, Morning Yoga, and Three Part Meditation routines can be used any time as alternative workouts, and both Crunch Town & Power of Core can be used more than twice a week sparingly. If you miss a few days in a row use the Total Body workout to help you catch up. And remember, take advantage of the STOP OPTIONS if you need them, and Power Down on those days you're not feeling 100%.