

# 4

# BURN

# MONTH 3

FITNESS | NUTRITION | SUPPLEMENTATION | MINDFULNESS

EARN IT! LIVE IT! LOVE IT!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Cardio 24	Triple Trouble Challenge + Crunch Town	Flash Card Plyo	Arms and Abs	Drop Pulse Hold + The Power of Core	Morning Yoga and/or Walk/Run or Bike Ride	Flash Card-io or Day Off
Week 2	Shoulders and Arms Recharge	Heart, Lungs, and Legs	Morning Yoga + The Power of Core	Flash Card-io	Who's Got Your Back?	Attack and Defend	Don't Skip Yoga or Day Off
Week 3	Primal Flow	Pure Stretch + The Power of Core	Push	Plyo 30/15 + Three Part Meditation	Arms + Abs + Crunch Town	Kicking and Punching	Rest Day or Walk/Run or Bike Ride
Week 4	Cardio 24	Arms and Abs + Crunch Town	Don't Skip Yoga	Shoulders and Arms Recharge	Drop Pulse and Hold + The Power of Core	Pure Stretch + Three Part Meditation	Morning Yoga and/or Walk/Run or Bike Ride

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%.