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BUILD - MONTH 3

FITNESS | NUTRITION | SUPPLEMENTATION | MINDFULNESS

EARN IT! LIVE IT! LOVE IT!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Push + Crunch Town	Plyo 30-15	Chest and Back Round Robin	Flash Card-io	Drop Pulse Hold + The Power of Core	Morning Yoga + Three Part Meditation	Day Off
Week 2	Primal Flow	Arms + Abs + Crunch Town	Body Scan Meditation	Attack and Defend	Triple Trouble Challenge + Crunch Town	Morning Meditation or Don't Skip Yoga	Pure Stretch Or Day OFF
Week 3	Who's Got Your Back	Kicking and Punching	Morning Yoga + Arms and Abs	Flash Card Plyo	Push + The Power of Core	Don't Skip Yoga	Pure Stretch or Three Part Mediation
Week 4	Arms and Abs + Body Scan Meditation	Plyp 30/15	Chest and Back Round Robin	Flash Card-io	Shoulders and Arms Recharge + The Power of Core	Morning Yoga + Three Part Meditation	Flash Cardio or Day Off

Start Date:

Body Fat%

Weight:

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.