



# THE START OF SUMMER NEW

FITNESS | NUTRITION | SUPPLEMENTATION | MINDFULNESS

EARN IT! LIVE IT! LOVE IT!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	<b>Flash Cardio + Crunch Town</b>	<b>Who's Got Your Back</b>	<b>Drop Pulse Hold + The Power of Core</b>	<b>Don't Skip Yoga</b>	<b>Arms and Abs</b>	<b>Attack and Defend</b>	<b>Pure Stretch &amp; Body Scan Meditation</b>
Week 2	<b>Cardio 24 + The Power of Core</b>	<b>Push</b>	<b>Heart, Lungs, Legs + Crunch Town</b>	<b>Morning Yoga</b>	<b>Shoulders and Arms Recharge + The Power of Core</b>	<b>Kicking and Punching</b>	<b>Pure Stretch &amp; Three Part Meditation</b>
Week 3	<b>Kicking and Punching + Crunch Town</b>	<b>Chest and Back Round Robin</b>	<b>Primal Flow + The Power of Core</b>	<b>Power and Strength Yoga</b>	<b>Head to Toe + Crunch Town</b>	<b>Flash Card Plyo</b>	<b>Pure Stretch &amp; Body Scan Meditation</b>
Week 4	<b>Flash Cardio + The Power of Core</b>	<b>Triple Trouble Challenge</b>	<b>Plyo 30-15 + Crunch Town</b>	<b>Don't Skip Yoga</b>	<b>Arms and Abs</b>	<b>Attack and Defend</b>	<b>Pure Stretch &amp; Three Part Meditation</b>

Start Date:

Body Fat%

Weight:

This "Start of Summer New" calendar is designed to make you sweat and help you get lean. Weight training and other resistance routines are sprinkled throughout this summer 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. 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%.