



# MONTH 2

FITNESS | NUTRITION | SUPPLEMENTATION | MINDFULNESS

I encourage you to use Morning Yoga, Pure Stretch, and Three Part Meditation as often as you need.

The Power of Core and Crunch Town appear 10 times in this 5 week schedule but it's okay to add them in more often sparingly.

Start Date:

Body Fat%

Weight:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 5	Power and Strength Yoga	Who's Got Your Back? + Crunch Town	Plyo 30/15	Push + Crunch Town	Flash Card-io	Pure Stretch	Three Part Meditation
Week 6	Don't Skip Yoga	Triple Trouble Challenge + The Power of Core	Attack and Defend	Shoulders and Arms Recharge + The Power of Core	Flash Card Plyo	Morning Yoga	Three Part Meditation
Week 7	Primal Flow	Chest/Back Round Robin + Crunch Town	Drop, Pulse and Hold	Pure Stretch + Crunch Town	Kickin' and Punchin	Power and Strength Yoga	Cardio 24
Week 8	Heart Lungs and Legs	Arms and Abs	Push + The Power of Core	Plyo 30/15	Who's Got Your Back? + The Power of Core	Three Part Meditation	Drop Pulse and Hold or Day Off

**EARN IT! LIVE IT! LOVE IT!**