



BUILD - MONTH 2

FITNESS | NUTRITION | SUPPLEMENTATION | MINDFULNESS

EARN IT! LIVE IT! LOVE IT!

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