



# THE START OF SUMMER NEW

FITNESS | NUTRITION | SUPPLEMENTATION | MINDFULNESS

EARN IT! LIVE IT! LOVE IT!

Start Date:

Body Fat%

Weight:

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

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%.