



BEGINNER TRAINING CALENDAR

FITNESS EVOLUTION ON-DEMAND

S	M	T	W	T	F	S
REST	STRENGTH 1	REST	REST	STRENGTH 2	REST	REST
REST	STRENGTH 1	REST	REST	STRENGTH 2	REST	REST
REST	STRENGTH 1	REST	REST	STRENGTH 2	REST	REST
REST	STRENGTH 1	REST	REST	STRENGTH 2	REST	REST



INTERMEDIATE TRAINING CALENDAR

FITNESS EVOLUTION ON-DEMAND

S	M	T	W	T	F	S
REST	STRENGTH 1	REST	STRENGTH 2	REST	STRENGTH 3	REST
REST	STRENGTH 1	REST	STRENGTH 2	REST	STRENGTH 3	REST
REST	STRENGTH 1	REST	STRENGTH 2	REST	STRENGTH 3	REST
REST	STRENGTH 1	REST	STRENGTH 2	REST	STRENGTH 3	REST



ADVANCED TRAINING CALENDAR

FITNESS EVOLUTION ON-DEMAND

S	M	T	W	T	F	S
REST	STRENGTH 1	REST	STRENGTH 2	CIRCUIT	REST	STRENGTH 3
REST	STRENGTH 1	REST	STRENGTH 2	CIRCUIT	REST	STRENGTH 3
REST	STRENGTH 1	REST	STRENGTH 2	CIRCUIT	REST	STRENGTH 3
REST	STRENGTH 1	REST	STRENGTH 2	CIRCUIT	REST	STRENGTH 3



NEXT-LEVEL TRAINING CALENDAR

FITNESS EVOLUTION ON-DEMAND

S	M	T	W	T	F	S
REST	STRENGTH 1	CIRCUIT	STRENGTH 2	REST	CIRCUIT	STRENGTH 3
REST	STRENGTH 1	CIRCUIT	STRENGTH 2	REST	CIRCUIT	STRENGTH 3
REST	STRENGTH 1	CIRCUIT	STRENGTH 2	REST	CIRCUIT	STRENGTH 3
REST	STRENGTH 1	CIRCUIT	STRENGTH 2	REST	CIRCUIT	STRENGTH 3