



WORKOUT

CALENDAR

WEEK 1

DAY 1 Cross Core Combat	DAY 2 Strength & Force Upper + Ultimate Abs	DAY 3 Plyo XT	DAY 4 Yoga XT	DAY 5 Legs & Back	DAY 6 Sprawl & Brawl	DAY 7 Rest Day
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WEEK 2

DAY 1 Competition Core	DAY 2 Strength & Force Upper + Ultimate Abs	DAY 3 Plyo XT	DAY 4 Yoga XT	DAY 5 Legs & Back	DAY 6 Cardio XT + Ultimate Abs	DAY 7 Rest Day
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WEEK 3

DAY 1 Cross Core Combat	DAY 2 Strength & Force Upper + Ultimate Abs	DAY 3 Plyo XT	DAY 4 Yoga XT	DAY 5 Legs & Back	DAY 6 Sprawl & Brawl	DAY 7 Rest Day
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WEEK 4

DAY 1 Competition Core	DAY 2 Buns & Guns + Ultimate Abs	DAY 3 Muay Thai	DAY 4 Yoga XT	DAY 5 Sprawl & Brawl	DAY 6 Cardio XT + Ultimate Abs	DAY 7 Rest Day
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WEEK 5

DAY 1 Plyo XT	DAY 2 Ripped Conditioning + Ultimate Abs	DAY 3 Muay Thai	DAY 4 Yoga XT	DAY 5 Legs & Back	DAY 6 Cardio XT + Ultimate Abs	DAY 7 Rest Day
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WEEK 6

DAY 1 Plyo XT	DAY 2 Ripped Conditioning + Ultimate Abs	DAY 3 Cross Core Combat	DAY 4 Yoga XT	DAY 5 Buns & Guns + Ultimate Abs	DAY 6 Sprawl & Brawl	DAY 7 Rest Day
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WEEK 7

DAY 1 Plyo XT	DAY 2 Ripped Conditioning + Ultimate Abs	DAY 3 Muay Thai	DAY 4 Yoga XT	DAY 5 Legs & Back	DAY 6 Cardio XT + Ultimate Abs	DAY 7 Rest Day
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WEEK 8

DAY 1 Competition Core	DAY 2 Yoga XT	DAY 3 Sprawl & Brawl	DAY 4 Buns & Guns + Ultimate Abs	DAY 5 Yoga XT	DAY 6 Cardio XT + Ultimate Abs	DAY 7 Rest Day
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WEEK 9

DAY 1 Sprawl & Brawl	DAY 2 Strength & Force Upper + Ultimate Abs	DAY 3 Plyo XT	DAY 4 Yoga XT	DAY 5 Legs & Back	DAY 6 Cross Core Combat	DAY 7 Rest Day
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WEEK 10

DAY 1 Competition Core	DAY 2 Ripped Conditioning + Ultimate Abs	DAY 3 Plyo XT	DAY 4 Yoga XT	DAY 5 Cardio XT + Ultimate Abs	DAY 6 Muay Thai	DAY 7 Rest Day
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WEEK 11

DAY 1 Plyo XT	DAY 2 Strength & Force Upper + Ultimate Abs	DAY 3 Cross Core Combat	DAY 4 Yoga XT	DAY 5 Legs & Back	DAY 6 Sprawl & Brawl	DAY 7 Rest Day
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WEEK 12

DAY 1 Muay Thai	DAY 2 Buns & Guns + Ultimate Abs	DAY 3 Plyo XT	DAY 4 Competition Core	DAY 5 Sprawl & Brawl	DAY 6 Cardio XT + Ultimate Abs	 YOUR NEW BODY
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