



**FOUNDATION PHASE**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
X2 Core	Plyocide	X2 Total Body & X2 Ab Ripper	X2 Yoga	X2 Balance & Power	Cardio	X2 Recovery & Mobility
X2 Core	Plyocide	X2 Total Body & X2 Ab Ripper	X2 Yoga	X2 Balance & Power	Cardio	X2 Recovery & Mobility
X2 Core	Plyocide	X2 Total Body & X2 Ab Ripper	X2 Yoga	X2 Balance & Power	Cardio	X2 Recovery & Mobility

**STRENGTH PHASE**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chest / Back / Balance & X2 Ab Ripper	Plyocide	X2 Shoulders / Arms & X2 Ab Ripper	X2 Yoga	Base / Back & X2 Ab Ripper	Cardio	X2 Recovery & Mobility
Chest / Back / Balance & X2 Ab Ripper	Plyocide	X2 Shoulders / Arms & X2 Ab Ripper	X2 Yoga	Base / Back & X2 Ab Ripper	Cardio	X2 Recovery & Mobility
Chest / Back / Balance & X2 Ab Ripper	Plyocide	X2 Shoulders / Arms & X2 Ab Ripper	X2 Yoga	Base / Back & X2 Ab Ripper	Cardio	X2 Recovery & Mobility
V Sculpt & X2 Ab Ripper	Plyocide	X2 Chest / Shoulders / Tris & X2 Ab Ripper	X2 Yoga	Base / Back & X2 Ab Ripper	Cardio	X2 Recovery & Mobility
V Sculpt & X2 Ab Ripper	Plyocide	X2 Chest / Shoulders / Tris & X2 Ab Ripper	X2 Yoga	Base / Back & X2 Ab Ripper	Cardio	X2 Recovery & Mobility
V Sculpt & X2 Ab Ripper	Plyocide	X2 Chest / Shoulders / Tris & X2 Ab Ripper	X2 Yoga	Base / Back & X2 Ab Ripper	Cardio	X2 Recovery & Mobility
X2 Recovery & Mobility	X2 Yoga	X2 Recovery & Mobility	X2 Yoga	X2 Recovery & Mobility	X2 Yoga	X2 Recovery & Mobility

**PERFORMANCE PHASE**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PAP Lower	PAP Upper	X2 Yoga	PAP Lower	PAP Upper	Cardio	X2 Recovery & Mobility
PAP Lower	PAP Upper	X2 Yoga	PAP Lower	PAP Upper	Cardio	X2 Recovery & Mobility
PAP Lower	PAP Upper	X2 Yoga	PAP Lower	PAP Upper	Cardio	X2 Recovery & Mobility