



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Agility Tutorial X Trainer	Upper Elite	Power Legs	Back & 6-Pack	Off-Day Stretch	Championship Fit Test (Sudden Death OT) _____ # of Rounds
Off-Day Stretch	X Trainer	Upper Elite	Power Legs	Back & 6-Pack	Off-Day Stretch	Championship Fit Test (Sudden Death OT) _____ # of Rounds
Off-Day Stretch	X Trainer	Upper Elite	Power Legs Ab Shredder	Back & 6-Pack Pure Contact	Off-Day Stretch	Championship Fit Test (Sudden Death OT) _____ # of Rounds
Off-Day Stretch	X Trainer	Upper Elite	Power Legs Ab Shredder	Back & 6-Pack Pure Contact	Off-Day Stretch	Championship Fit Test (Sudden Death OT) _____ # of Rounds
Off-Day Stretch						