

Start Date:	
BF%:	
Weight:	



BLOCK 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Accelerator	The Warrior	X3 Yoga	CVX	Isometrix	Agility X	Dynamix
Week 2	Accelerator	The Warrior	X3 Yoga	CVX	Isometrix	Agility X	Dynamix
Week 3	Accelerator	The Warrior	X3 Yoga	CVX	Isometrix	Agility X	Dynamix
Week 4	Isometrix	Dynamics	Accelerator	Pilates X	Agility X	X3 Yoga	Dynamix

BLOCK 2 BF%: Weight:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	Triometrics	The Warrior	X3 Yoga	MMX	Incinerator	CVX	Dynamix
Week 6	Triometrics	The Warrior	X3 Yoga	MMX	Incinerator	CVX	Dynamix
Week 7	Triometrics	The Warrior	X3 Yoga	MMX	Incinerator	CVX	Dynamix
Week 8	Isometrix	Dynamix	Accelerator	Pilates X	CVX	X3 Yoga	Dynamix

BLOCK 3 BF%: Weight:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	Decelerator	MMX	Eccentric Lower	X3 Yoga	Triometrics	Eccentric Upper	Dynamix
Week 10	MMX	Decelerator	Triometrics	Pilates X	Decelerator	CVX	Dynamix
Week 11	Decelerator	MMX	Eccentric Lower	X3 Yoga	Triometrics	Eccentric Upper	Dynamix
Week 12	MMX	Decelerator	Triometrics	Pilates X	Decelerator	CVX	Dynamix
Week 13	Isometrix	Accelerator	Pilates X	X3 Yoga	Dynamix	Dynamix	