

Start Date:	
BF%:	
Weight:	



BLOCK 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Total Synergistics	Agility X	X3 Yoga	The Challenge	Pilates X	Incinerator	Dynamix
Week 2	Total Synergistics	Agility X	X3 Yoga	The Challenge	Pilates X	Incinerator	Dynamix
Week 3	Total Synergistics	Agility X	X3 Yoga	The Challenge	Pilates X	Incinerator	Dynamix
Week 4	Isometrix	Dynamix	The Warrior	Pilates X	Agility X	X3 Yoga	Dynamix

BLOCK 2 BF%: Weight:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	Eccentric Upper	Eccentric Lower	X3 Yoga	Eccentric Upper	Eccentric Lower	MMX	Dynamix
Week 6	Eccentric Upper	Eccentric Lower	X3 Yoga	Eccentric Upper	Eccentric Lower	MMX	Dynamix
Week 7	Eccentric Upper	Eccentric Lower	X3 Yoga	Eccentric Upper	Eccentric Lower	MMX	Dynamix
Week 8	Isometrix	Dynamix	The Warrior	Pilates X	Decelerator	X3 Yoga	Dynamix

BLOCK 3 BF%: Weight:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	Eccentric Upper	Eccentric Lower	X3 Yoga	Eccentric Upper	Eccentric Lower	MMX	Dynamix
Week 10	Total Synergistics	Agility X	X3 Yoga	The Challenge	Pilates X	Incinerator	Dynamix
Week 11	Eccentric Upper	Eccentric Lower	X3 Yoga	Eccentric Upper	Eccentric Lower	MMX	Dynamix
Week 12	Total Synergistics	Agility X	X3 Yoga	The Challenge	Pilates X	Incinerator	Dynamix
Week 13	Isometrix	X3 Yoga	Decelerator	Eccentric Lower	Eccentric Upper	Dynamix	

