



**FOUNDATION PHASE**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
X2 Core	Plyocide, ARx2	X2 Total Body	X2 Yoga, ARx2	X2 Balance & Power	Cardio, ARx2	X2 Recovery & Mobility
X2 Core	Plyocide, ARx2	X2 Total Body	X2 Yoga, ARx2	X2 Balance & Power	Cardio, ARx2	X2 Recovery & Mobility
X2 Core	Plyocide, ARx2	X2 Total Body	X2 Yoga, ARx2	X2 Balance & Power	Cardio, ARx2	X2 Recovery & Mobility

**STRENGTH PHASE**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chest / Back / Balance	Plyocide, ARx2	X2 Shoulders / Arms	X2 Yoga, ARx2	Base / Back	Cardio, ARx2	X2 Recovery & Mobility
Chest / Back / Balance	Plyocide, ARx2	X2 Shoulders / Arms	X2 Yoga, ARx2	Base / Back	Cardio, ARx2	X2 Recovery & Mobility
Chest / Back / Balance	Plyocide, ARx2	X2 Shoulders / Arms	X2 Yoga, ARx2	Base / Back	Cardio, ARx2	X2 Recovery & Mobility
V Sculpt	Plyocide, ARx2	X2 Chest / Shoulders / Tris	X2 Yoga, ARx2	Base / Back	Cardio, ARx2	X2 Recovery & Mobility
V Sculpt	Plyocide, ARx2	X2 Chest / Shoulders / Tris	X2 Yoga, ARx2	Base / Back	Cardio, ARx2	X2 Recovery & Mobility
V Sculpt	Plyocide, ARx2	X2 Chest / Shoulders / Tris	X2 Yoga, ARx2	Base / Back	Cardio, ARx2	X2 Recovery & Mobility
X2 Recovery & Mobility	X2 Yoga	X2 Recovery & Mobility	X2 Yoga, ARx2	X2 Recovery & Mobility	X2 Yoga	X2 Recovery & Mobility

**PERFORMANCE PHASE**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PAP Lower	PAP Upper	X2 Yoga, ARx2	PAP Lower	PAP Upper	Cardio, ARx2	X2 Recovery & Mobility
PAP Lower	PAP Upper	X2 Yoga, ARx2	PAP Lower	PAP Upper	Cardio, ARx2	X2 Recovery & Mobility
PAP Lower	PAP Upper	X2 Yoga, ARx2	PAP Lower	PAP Upper	Cardio, ARx2	X2 Recovery & Mobility