

Start Date:	
BF%:	
Weight:	



BLOCK 1

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

BLOCK 2

BF%:

Weight:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	Eccentric Upper	Triometrics	X3 Yoga	Eccentric Lower	Incinerator	MMX	Dynamix
Week 6	Eccentric Upper	Triometrics	X3 Yoga	Eccentric Lower	Incinerator	MMX	Dynamix
Week 7	Eccentric Upper	Triometrics	X3 Yoga	Eccentric Lower	Incinerator	MMX	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	Agility X	The Challenge	X3 Yoga	Triometrics	Total Synergistics	Dynamix
Week 10	Decelerator	MMX	Eccentric Upper	Triometrics	Pilates X	Eccentric Lower	Dynamix
Week 11	Decelerator	Agility X	The Challenge	X3 Yoga	Triometrics	Total Synergistics	Dynamix
Week 12	Decelerator	MMX	Eccentric Upper	Triometrics	Pilates X	Eccentric Lower	Dynamix
Week 13	Isometrix	Accelerator	Pilates X	X3 Yoga	Dynamix	Dynamix	