

Start Date:	
BF%:	
Weight:	

DOUBLES CALENDAR



BLOCK 1

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

BLOCK 2 BF%: Weight:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	Eccentric Upper Accelerator	Triometrics	X3 Yoga	Eccentric Lower CVX	Incinerator Isometrix	MMX Dynamix	Dynamix
Week 6	Eccentric Upper Accelerator	Triometrics	X3 Yoga	Eccentric Lower CVX	Incinerator Isometrix	MMX Dynamix	Dynamix
Week 7	Eccentric Upper Accelerator	Triometrics	X3 Yoga	Eccentric Lower CVX	Incinerator Isometrix	MMX Dynamix	Dynamix
Week 8	Isometrix	Dynamix	Accelerator	Pilates X	Agility X Dynamix	X3 Yoga	Dynamix

BLOCK 3 BF%: Weight:

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