

## MONTH 1

WEEK 1	MONDAY FIT TEST	TUESDAY PLYOMETRIC CARDIO CIRCUIT	WEDNESDAY CARDIO POWER & RESISTANCE	THURSDAY CARDIO RECOVERY	FRIDAY PURE CARDIO	SATURDAY PLYOMETRIC CARDIO CIRCUIT	SUNDAY OFF
WEEK 2	MONDAY CARDIO POWER & RESISTANCE	TUESDAY PURE CARDIO	WEDNESDAY CARDIO CIRCUIT	THURSDAY CARDIO RECOVERY	FRIDAY CARDIO POWER & RESISTANCE	SATURDAY PURE CARDIO & CARDIO ABS	SUNDAY OFF
WEEK 3	MONDAY FIT TEST	TUESDAY CARDIO CIRCUIT	WEDNESDAY PURE CARDIO & CARDIO ABS	THURSDAY CARDIO RECOVERY	FRIDAY CARDIO POWER & RESISTANCE	SATURDAY PLYOMETRIC CARDIO CIRCUIT	SUNDAY OFF
WEEK 4	MONDAY PURE CARDIO & CARDIO ABS	TUESDAY CARDIO POWER & RESISTANCE	WEDNESDAY PLYOMETRIC CARDIO CIRCUIT	THURSDAY CARDIO RECOVERY	FRIDAY PURE CARDIO & CARDIO ABS	SATURDAY PLYOMETRIC CARDIO CIRCUIT	SUNDAY OFF

## RECOVERY WEEK

RECOVERY WEEK	MONDAY CORE CARDIO AND BALANCE	TUESDAY CORE CARDIO AND BALANCE	WEDNESDAY CORE CARDIO AND BALANCE	THURSDAY CORE CARDIO AND BALANCE	FRIDAY CORE CARDIO AND BALANCE	SATURDAY CORE CARDIO AND BALANCE	SUNDAY OFF
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## MONTH 2

WEEK 5	MONDAY FIT TEST & MAX INTERVAL CIRCUIT	TUESDAY MAX INTERVAL PLYO	WEDNESDAY MAX CARDIO CONDITIONING	THURSDAY MAX RECOVERY	FRIDAY MAX INTERVAL CIRCUIT	SATURDAY MAX INTERVAL PLYO	SUNDAY OFF
WEEK 6	MONDAY MAX CARDIO CONDITIONING	TUESDAY MAX INTERVAL CIRCUIT	WEDNESDAY MAX INTERVAL PLYO	THURSDAY MAX RECOVERY	FRIDAY MAX CARDIO CONDITIONING & CARDIO ABS*	SATURDAY CORE CARDIO AND BALANCE*	SUNDAY OFF
WEEK 7	MONDAY FIT TEST & MAX INTERVAL CIRCUIT	TUESDAY MAX INTERVAL PLYO	WEDNESDAY MAX CARDIO CONDITIONING & CARDIO ABS*	THURSDAY MAX RECOVERY	FRIDAY MAX INTERVAL CIRCUIT	SATURDAY CORE CARDIO AND BALANCE*	SUNDAY OFF
WEEK 8	MONDAY MAX INTERVAL PLYO	TUESDAY MAX CARDIO CONDITIONING & CARDIO ABS*	WEDNESDAY MAX INTERVAL CIRCUIT	THURSDAY CORE CARDIO AND BALANCE*	FRIDAY MAX INTERVAL PLYO	SATURDAY MAX CARDIO CONDITIONING & CARDIO ABS*	SUNDAY FIT TEST

\*If you have the DELUXE package, you can replace CARDIO ABS with INSANE ABS, and CORE CARDIO AND BALANCE with MAX INTERVAL SPORTS TRAINING