

MONTH 1

WEEK 1

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|---------------------------------|---------------------------------|--------------------|----------------|---------------------------------|--------|
| FIT TEST | PLYOMETRIC CARDIO CIRCUIT | CARDIO POWER & RESISTANCE | CARDIO RECOVERY | PURE CARDIO | PLYOMETRIC CARDIO CIRCUIT | OFF |

WEEK 2

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------------------|----------------|---------------------------------|--------------------|---------------------------------|-----------------------------------|--------|
| CARDIO POWER & RESISTANCE | PURE CARDIO | PLYOMETRIC CARDIO CIRCUIT | CARDIO RECOVERY | CARDIO POWER & RESISTANCE | PURE CARDIO & CARDIO ABS | OFF |

WEEK 3

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|---------------------------------|-----------------------------------|--------------------|---------------------------------|---------------------------------|--------|
| FIT TEST | PLYOMETRIC CARDIO CIRCUIT | PURE CARDIO & CARDIO ABS | CARDIO RECOVERY | CARDIO POWER & RESISTANCE | PLYOMETRIC CARDIO CIRCUIT | OFF |

WEEK 4

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------------------------|---------------------------------|---------------------------------|--------------------|-----------------------------------|---------------------------------|--------|
| PURE CARDIO & CARDIO ABS | CARDIO POWER & RESISTANCE | PLYOMETRIC CARDIO CIRCUIT | CARDIO RECOVERY | PURE CARDIO & CARDIO ABS | PLYOMETRIC CARDIO CIRCUIT | OFF |