

MONTH 1

1 Fit Test	2 Plyometric Cardio Circuit	3 Cardio Power & Resistance	4 Cardio Recovery	5 Pure Cardio	6 Plyometric Cardio Circuit	7 Rest
8 Cardio Power & Resistance	9 Pure Cardio	10 Plyometric Cardio Circuit	11 Cardio Recovery	12 Cardio Power & Resistance	13 Pure Cardio & Cardio Abs	14 Rest
15 Fit Test	16 Plyometric Cardio Circuit	17 Pure Cardio and Cardio Abs	18 Cardio Recovery	19 Cardio Power & Resistance	20 Plyometric Cardio Circuit	21 Rest
22 Pure Cardio & Cardio Abs	23 Cardio Power & Resistance	24 Plyometric Cardio Circuit	25 Cardio Recovery	26 Pure Cardio & Cardio Abs	27 Plyometric Cardio Circuit	28 Rest

RECOVERY WEEK

29 Core Cardio & Balance	30 Core Cardio & Balance	31 Core Cardio & Balance	32 Core Cardio & Balance	33 Core Cardio & Balance	34 Core Cardio & Balance	35 Rest
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MONTH 2

36 Fit Test & Max Interval Circuit	37 Max Interval Plyo	38 Max Cardio Conditioning	39 Max Recovery	40 Max Interval Circuit	41 Max Interval Plyo	42 Rest
43 Max Cardio Conditioning	44 Max Interval Circuit	45 Max Interval Plyo	46 Max Recovery	47 Max Cardio Conditioning & Cardio Abs*	48 Core Cardio and Balance*	49 Rest
50 Fit Test & Max Interval	51 Max Interval Plyo	52 Max Cardio Conditioning & Cardio Abs*	53 Max Recovery	54 Max Interval Circuit	55 Core Cardio and Balance*	56 Rest