

| Enter Start Date: |   | November 29, 2019                                                       |                                       |                                                     |                               | Enter End Date:                                |                             | February 27, 2021                                             |  |
|-------------------|---|-------------------------------------------------------------------------|---------------------------------------|-----------------------------------------------------|-------------------------------|------------------------------------------------|-----------------------------|---------------------------------------------------------------|--|
|                   |   | Monday                                                                  | Tuesday                               | Wednesday                                           | Thursday                      | Friday                                         | Saturday                    | Sunday                                                        |  |
| Training Block 1  | 1 | Nov-29<br>Chest & Back<br>Ab Ripper X<br>(Take "before" photo)<br>Day 1 | Nov-30<br>Plyometrics<br>Day 2        | Dec-1<br>Shoulders & Arms<br>Ab Ripper X<br>Day 3   | Dec-2<br>Yoga X<br>Day 4      | Dec-3<br>Legs & Back<br>Ab Ripper X<br>Day 5   | Dec-4<br>Kempo X<br>Day 6   | Dec-5<br>Rest or X Stretch<br>Day 7                           |  |
|                   | 2 | Dec-6<br>Chest & Back<br>Ab Ripper X<br>Day 8                           | Dec-7<br>Plyometrics<br>Day 9         | Dec-8<br>Shoulders & Arms<br>Ab Ripper X<br>Day 10  | Dec-9<br>Yoga X<br>Day 11     | Dec-10<br>Legs & Back<br>Ab Ripper X<br>Day 12 | Dec-11<br>Kempo X<br>Day 13 | Dec-12<br>Rest or X Stretch<br>Day 14                         |  |
|                   | 3 | Dec-13<br>Chest & Back<br>Ab Ripper X<br>Day 15                         | Dec-14<br>Plyometrics<br>Day 16       | Dec-15<br>Shoulders & Arms<br>Ab Ripper X<br>Day 17 | Dec-16<br>Yoga X<br>Day 18    | Dec-17<br>Legs & Back<br>Ab Ripper X<br>Day 19 | Dec-18<br>Kempo X<br>Day 20 | Dec-19<br>Rest or X Stretch<br>Day 21                         |  |
| Recovery          | 4 | Dec-20<br>Yoga X<br>Day 22                                              | Dec-21<br>Core Synergistics<br>Day 23 | Dec-22<br>Kempo X<br>Day 24                         | Dec-23<br>X Stretch<br>Day 25 | Dec-24<br>Core Synergistics<br>Day 26          | Dec-25<br>Yoga X<br>Day 27  | Dec-26<br>Rest or X Stretch<br>(Take "After" photo)<br>Day 28 |  |
| Training Block 2  | 5 | Dec-27<br>Chest/Shoulder/Tail<br>Ab Ripper X<br>Day 29                  | Dec-28<br>Plyometrics<br>Day 30       | Dec-29<br>Back & Elbows<br>Ab Ripper X<br>Day 31    | Dec-30<br>Yoga X<br>Day 32    | Dec-31<br>Legs & Back<br>Ab Ripper X<br>Day 33 | Jan-1<br>KempoX<br>Day 34   | Jan-2<br>Rest or X Stretch<br>Day 35                          |  |
|                   | 6 | Jan-3<br>Chest/Shoulder/Tail<br>Ab Ripper X                             | Jan-4<br>Plyometrics                  | Jan-5<br>Back & Elbows<br>Ab Ripper X               | Jan-6<br>Yoga X               | Jan-7<br>Legs & Back<br>Ab Ripper X            | Jan-8<br>KempoX             | Jan-9<br>Rest or X Stretch                                    |  |