

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	CARDIO CIRCUIT	CARDIO RECOVERY	CARDIO POWER & RESISTANCE	PURE CARDIO & CARDIO ABS	OFF

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FIT TEST	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

RECOVERY WEEK

RECOVERY WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	CORE CARDIO AND BALANCE	OFF

MONTH 2

WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FIT TEST & MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX CARDIO CONDITIONING	MAX RECOVERY	MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	OFF

WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAX CARDIO CONDITIONING	MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX RECOVERY	MAX CARDIO CONDITIONING & CARDIO ABS*	CORE CARDIO AND BALANCE*	OFF

WEEK 7

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

WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAX INTERVAL PLYO	MAX CARDIO CONDITIONING & CARDIO ABS*	MAX INTERVAL CIRCUIT	CORE CARDIO AND BALANCE*	MAX INTERVAL PLYO	MAX CARDIO CONDITIONING & CARDIO ABS*	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