



XT2 WORKOUT CALENDAR

WEEK 1

Mark with an 'X' for each completed workout (To the LEFT of each workout)

(Mon) 9/23/13 Cross Core Combat 2 What you need: XT Ball, XT Extreme Band, Gloves (Optional) Time: 65:35	(Tue) 9/24/13 Drench XT What you need: Jump Rope, Gloves (Optional) Time: 61:51	(Wed) 9/25/13 Fight Night XT <i>+ 8 Pack Abs XT</i> What you need: Jump Rope, Gloves (Optional), XT Ball (only need for 8 Pack Abs) Time: 79:45	(Thu) 9/26/13 Hurl XT What you need: Jump Rope, XT Ball, Gloves (Optional) Time: 57:32	(Fri) 9/27/13 Total Body XT <i>+ 8 Pack Abs XT</i> What you need: XT Ball, XT Extreme Band Time: 85:49	(Sat) 9/28/13 Leg XTreme What you need: XT Ball, Jump Rope Time: 58:59	(Sun) 9/29/13 Recovery & Mobility What you need: XT Extreme Band Time: 51:46
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WEEK 2

(Mon) 9/30/13 Total Body XT <i>+ 8 Pack Abs XT</i> What you need: XT Ball, XT Extreme Band Time: 85:49	(Tue) 10/1/13 Hurl XT What you need: Jump Rope, XT Ball, Gloves (Optional) Time: 57:32	(Wed) 10/2/13 Buns & Guns 2 XT What you need: XT Extreme Band Time: 65:08	(Thu) 10/3/13 Drench XT What you need: Jump Rope, Gloves (Optional) Time: 61:51	(Fri) 10/4/13 Fight Night XT <i>+ 8 Pack Abs XT</i> What you need: Jump Rope, Gloves (Optional), XT Ball (only need for 8 Pack Abs) Time: 85:49	(Sat) 10/5/13 Sprawl & Brawl 2 What you need: XT Ball, Gloves (Optional) Time: 59:52	(Sun) 10/6/13 REST
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WEEK 3

(Mon) 10/7/13 Cross Core Combat 2 What you need: XT Ball, XT Extreme Band, Gloves (Optional) Time: 65:35	(Tue) 10/8/13 Buns & Guns 2 XT What you need: XT Extreme Band Time: 65:08	(Wed) 10/9/13 Fight Night XT <i>+ 8 Pack Abs XT</i> What you need: Jump Rope, Gloves (Optional), XT Ball (only need for 8 Pack Abs) Time: 79:45	(Thu) 10/10/13 Leg XTreme What you need: XT Ball, Jump Rope Time: 58:59	(Fri) 10/11/13 Total Body XT <i>+ 8 Pack Abs XT</i> What you need: XT Ball, XT Extreme Band Time: 85:49	(Sat) 10/12/13 Sprawl & Brawl 2 What you need: XT Ball, Gloves (Optional) Time: 59:52	(Sun) 10/13/13 Recovery & Mobility What you need: XT Extreme Band Time: 51:46
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WEEK 4

(Mon) 10/14/13 Buns & Guns 2 XT	(Tue) 10/15/13 Hurl XT	(Wed) 10/16/13 Total Body XT <i>+ 8 Pack Abs XT</i>	(Thu) 10/17/13 Sprawl & Brawl 2	(Fri) 10/18/13 Leg XTreme	(Sat) 10/19/13 Drench XT	(Sun) 10/20/13 REST
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