



# XT2 WORKOUT CALENDAR

## WEEK 1

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

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

## WEEK 2

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

## WEEK 3

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