



WORKOUT

CALENDAR

WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Cross Core Combat	Strength & Force Upper + Ultimate Abs	Plyo XT	Yoga XT	Legs & Back	Sprawl & Brawl	Rest Day

WEEK 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Competition Core	Strength & Force Upper + Ultimate Abs	Plyo XT	Yoga XT	Legs & Back	Cardio XT + Ultimate Abs	Rest Day

WEEK 3

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Cross Core Combat	Strength & Force Upper + Ultimate Abs	Plyo XT	Yoga XT	Legs & Back	Sprawl & Brawl	Rest Day

WEEK 4

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Competition Core	Buns & Guns + Ultimate Abs	Muay Thai	Yoga XT	Sprawl & Brawl	Cardio XT + Ultimate Abs	Rest Day