

**PHASE 1**

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

**WEEK 1**

1	<a href="#">(Mon) 9/9/13</a> <b>Cross Core Combat</b>	2	<a href="#">(Tue) 9/10/13</a> <b>Strength &amp; Force Upper</b> <b>Ultimate Abs XT</b>	3	<a href="#">(Wed) 9/11/13</a> <b>Plyo XT</b>	4	<a href="#">(Thu) 9/12/13</a> <b>Yoga XT</b>	5	<a href="#">(Fri) 9/13/13</a> <b>Legs &amp; Back</b>	6	<a href="#">(Sat) 9/14/13</a> <b>Sprawl &amp; Brawl</b>	7	<a href="#">(Sun) 9/15/13</a> <b>REST DAY</b>
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**WEEK 2**

1	<a href="#">(Mon) 9/16/13</a> <b>Competition Core</b>	2	<a href="#">(Tue) 9/17/13</a> <b>Strength &amp; Force Upper</b> <b>Ultimate Abs XT</b>	3	<a href="#">(Wed) 9/18/13</a> <b>Plyo XT</b>	4	<a href="#">(Thu) 9/19/13</a> <b>Yoga XT</b>	5	<a href="#">(Fri) 9/20/13</a> <b>Legs &amp; Back</b>	6	<a href="#">(Sat) 9/21/13</a> <b>Cardio XT</b> <b>Ultimate Abs XT</b>	7	<a href="#">(Sun) 9/22/13</a> <b>REST DAY</b>
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**WEEK 3**

1	<a href="#">(Mon) 9/23/13</a> <b>Cross Core Combat</b>	2	<a href="#">(Tue) 9/24/13</a> <b>Strength &amp; Force Upper</b> <b>Ultimate Abs XT</b>	3	<a href="#">(Wed) 9/25/13</a> <b>Plyo XT</b>	4	<a href="#">(Thu) 9/26/13</a> <b>Yoga XT</b>	5	<a href="#">(Fri) 9/27/13</a> <b>Legs &amp; Back</b>	6	<a href="#">(Sat) 9/28/13</a> <b>Sprawl &amp; Brawl</b>	7	<a href="#">(Sun) 9/29/13</a> <b>REST DAY</b>
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**WEEK 4**

1	<a href="#">(Mon) 9/30/13</a> <b>Competition Core</b>	2	<a href="#">(Tue) 10/1/13</a> <b>Buns &amp; Guns XT</b> <b>Ultimate Abs XT</b>	3	<a href="#">(Wed) 10/2/13</a> <b>Muay Thai</b>	4	<a href="#">(Thu) 10/3/13</a> <b>Yoga XT</b>	5	<a href="#">(Fri) 10/4/13</a> <b>Sprawl &amp; Brawl</b>	6	<a href="#">(Sat) 10/5/13</a> <b>Cardio XT</b> <b>Ultimate Abs XT</b>	7	<a href="#">(Sun) 10/6/13</a> <b>REST DAY</b>
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