

WEEK 7

<u>(Mon) 11/4/13</u> 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	<u>(Tue) 11/5/13</u> Drench XT What you need: Jump Rope, Gloves (Optional) Time: 61:51	<u>(Wed) 11/6/13</u> Buns & Guns 2 XT What you need: XT Extreme Band Time: 65:08	<u>(Thu) 11/7/13</u> Hurl XT What you need: Jump Rope, XT Ball, Gloves (Optional) Time: 57:32	<u>(Fri) 11/8/13</u> Sprawl & Brawl 2 What you need: XT Ball, Gloves (Optional) Time: 59:52	<u>(Sat) 11/9/13</u> Leg XTreme What you need: XT Ball, Jump Rope Time: 56:59	<u>(Sun) 11/10/13</u> Recovery & Mobility What you need: XT Extreme Band Time: 51:46
--	---	---	--	--	--	---

WEEK 8

<u>(Mon) 11/11/13</u> Total Body XT <i>+ 8 Pack Abs XT</i> What you need: XT Ball, XT Extreme Band Time: 85:49	<u>(Tue) 11/12/13</u> Buns & Guns 2 XT What you need: XT Extreme Band Time: 65:08	<u>(Wed) 11/13/13</u> Drench XT What you need: Jump Rope, Gloves (Optional) Time: 61:51	<u>(Thu) 11/14/13</u> Leg XTreme What you need: XT Ball, Jump Rope Time: 56:59	<u>(Fri) 11/15/13</u> Sprawl & Brawl 2 What you need: XT Ball, Gloves (Optional) Time: 59:52	<u>(Sat) 11/16/13</u> Hurl XT What you need: Jump Rope, Gloves (Optional) Time: 57:32	<u>(Sun) 11/17/13</u> Cross Core Combat 2 What you need: XT Ball, XT Extreme Band, Gloves (Optional) Time: 65:35
--	--	--	---	---	--	---

WEEK 9

<u>(Mon) 11/18/13</u> 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	<u>(Tue) 11/19/13</u> Buns & Guns 2 XT What you need: XT Extreme Band Time: 65:08	<u>(Wed) 11/20/13</u> Sprawl & Brawl 2 What you need: XT Ball, Gloves (Optional) Time: 61:51	<u>(Thu) 11/21/13</u> Hurl XT What you need: Jump Rope, XT Ball, Gloves (Optional) Time: 56:59	<u>(Fri) 11/22/13</u> Cross Core Combat 2 What you need: XT Ball, XT Extreme Band, Gloves (Optional) Time: 59:52	<u>(Sat) 11/23/13</u> Drench XT What you need: Jump Rope, Gloves (Optional) Time: 57:32	
				BONUS	BONUS	