



# HYBRID CALENDAR



### WEEK 1

<b>Cross Core Combat 2</b> Time: 06:25	<b>Strength &amp; Force Upper and Ultimate Abs XT</b> Time: 71:30	<b>Plyo XT</b> Time: 52:00	<b>Total Body XT &amp; 8 Pack Abs XT</b> Time: 06:40	<b>REST</b>	<b>Sprawl &amp; Brawl 2</b> Time: 06:52	<b>Buns &amp; Guns 2 XT</b> Time: 06:00
---	--	-------------------------------	---	-------------	--	--

### WEEK 2

<b>Fight Night XT &amp; 8 Pack Abs XT</b> Time: 70:45	<b>Legs &amp; Back</b> Time: 41:30	<b>Strength &amp; Force Upper and Ultimate Abs XT</b> Time: 71:30	<b>REST</b>	<b>Legs Xtreme</b> Time: 06:50	<b>Total Body XT &amp; 8 Pack Abs XT</b> Time: 06:40	<b>Sprawl &amp; Brawl</b> Time: 47:00
--	---------------------------------------	--	-------------	-----------------------------------	---	--

### WEEK 3

<b>Ripped Conditioning &amp; Ultimate Abs XT</b> Time: 08:30	<b>REST</b>	<b>Yoga XT</b> Time: 52:00	<b>Legs &amp; Back</b> Time: 41:30	<b>Fight Night XT &amp; 8 Pack Abs XT</b> Time: 70:45	<b>Buns &amp; Guns 2 XT</b> Time: 06:00	<b>Sprawl &amp; Brawl 2</b> Time: 06:52
---	-------------	-------------------------------	---------------------------------------	--	--	--

### WEEK 4

<b>REST</b>	<b>Ripped Conditioning &amp; Ultimate Abs XT</b> Time: 08:30	<b>Legs Xtreme</b> Time: 06:50	<b>Cardio XT &amp; Ultimate Abs XT</b> Time: 03:30	<b>Sprawl &amp; Brawl</b> Time: 47:00	<b>Plyo XT</b> Time: 52:00	<b>Total Body XT &amp; 8 Pack Abs XT</b> Time: 06:40
-------------	---	-----------------------------------	---	--	-------------------------------	---

### WEEK 5

<b>REST</b>	<b>Muay Thai</b> Time: 40:30	<b>Cardio XT &amp; Ultimate Abs XT</b> Time: 03:30	<b>Legs Xtreme</b> Time: 06:50	<b>Hurl XT</b> Time: 02:22	<b>Drench XT</b> Time: 01:50	<b>REST</b>
-------------	---------------------------------	---	-----------------------------------	-------------------------------	---------------------------------	-------------

### WEEK 6

<b>Buns &amp; Guns 2 XT</b> Time: 06:00	<b>Cross Core Combat</b> Time: 40:00	<b>Muay Thai</b> Time: 40:30	<b>Cardio XT &amp; Ultimate Abs XT</b> Time: 03:30	<b>Mobility &amp; Recovery</b> Time: 01:40	<b>REST</b>	<b>Ripped Conditioning &amp; Ultimate Abs XT</b> Time: 08:30
--	---	---------------------------------	---	---	-------------	---

### WEEK 7

<b>Sprawl &amp; Brawl 2</b> Time: 06:52	<b>Competition Core</b> Time: 40:00	<b>Strength &amp; Force Upper and Ultimate Abs XT</b> Time: 71:30	<b>Plyo XT</b> Time: 52:00	<b>Cardio XT &amp; Ultimate Abs XT</b> Time: 03:30	<b>REST</b>	<b>Muay Thai</b> Time: 40:30
--	--	--	-------------------------------	---	-------------	---------------------------------

### WEEK 8

<b>Hurl XT</b> Time: 02:22	<b>Sprawl &amp; Brawl</b> Time: 47:00	<b>Legs Xtreme</b> Time: 06:50	<b>Muay Thai</b> Time: 40:30	<b>Fight Night XT &amp; 8 Pack Abs XT</b> Time: 70:45	<b>Sprawl &amp; Brawl 2</b> Time: 06:52	<b>REST</b>
-------------------------------	--	-----------------------------------	---------------------------------	--	--	-------------

### WEEK 9

<b>Buns &amp; Guns 2 XT</b> Time: 06:00	<b>Competition Core</b> Time: 40:00	<b>Drench XT</b> Time: 01:50	<b>Mobility &amp; Recovery</b> Time: 01:40	<b>Plyo XT</b> Time: 52:00	<b>REST</b>	<b>Strength &amp; Force Upper and Ultimate Abs XT</b> Time: 71:30
--	--	---------------------------------	---	-------------------------------	-------------	--

### WEEK 10

<b>Cross Core Combat</b> Time: 40:00	<b>Legs Xtreme</b> Time: 06:50	<b>Hurl XT</b> Time: 02:22	<b>Buns &amp; Guns 2 XT</b> Time: 06:00	<b>Cardio XT &amp; Ultimate Abs XT</b> Time: 03:30	<b>REST</b>	<b>Ripped Conditioning &amp; Ultimate Abs XT</b> Time: 08:30
---	-----------------------------------	-------------------------------	--	---	-------------	---

### WEEK 11

<b>Sprawl &amp; Brawl 2</b> Time: 06:52	<b>Buns &amp; Guns 2 XT</b> Time: 06:00	<b>Yoga XT</b> Time: 52:00	<b>REST</b>	<b>Strength &amp; Force Upper and Ultimate Abs XT</b> Time: 71:30	<b>Cross Core Combat 2</b> Time: 06:25	<b>Fight Night XT &amp; 8 Pack Abs XT</b> Time: 70:45
--	--	-------------------------------	-------------	--	---	--

### WEEK 12

<b>Plyo XT</b> Time: 52:00	<b>REST</b>	<b>Hurl XT</b> Time: 02:22	<b>Ripped Conditioning &amp; Ultimate Abs XT</b> Time: 08:30	<b>Sprawl &amp; Brawl</b> Time: 47:00	<b>Total Body XT &amp; 8 Pack Abs XT</b> Time: 06:40	<b>REST</b>
-------------------------------	-------------	-------------------------------	---	--	---	-------------

### WEEK 13

<b>Drench XT</b> Time: 01:50	<b>Cardio XT &amp; Ultimate Abs XT</b> Time: 03:30	<b>Buns &amp; Guns 2 XT</b> Time: 06:00	<b>Fight Night XT &amp; 8 Pack Abs XT</b> Time: 70:45	<b>Muay Thai</b> Time: 40:30	<b>Ripped Conditioning &amp; Ultimate Abs XT</b> Time: 08:30
---------------------------------	---	--	--	---------------------------------	---