



MONTH 1

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Rest Day	Cross Core	Strength & Force Upper + Ultimate Abs	Plyo XT	Yoga XT	Legs & Back	Sprawl & Brawl
Rest Day	Competition Core	Strength & Force Upper + Ultimate Abs	Plyo XT	Yoga XT	Legs & Back	Cardio XT + Ultimate Abs
Rest Day	Cross Core	Strength & Force Upper + Ultimate Abs	Plyo XT	Yoga XT	Legs & Back	Sprawl & Brawl
Rest Day	Competition Core	Buns & Guns + Ultimate Abs	Muay Thai	Yoga XT	Sprawl & Brawl	Cardio XT + Ultimate Abs