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|------------------|---------------------------------|---------|---------|-------------|-----------------------------|----------|
| Competition Core | & 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 |

PHASE 2

WEEK 1

| | | | | | | |
|---------|------------------------------------------|-----------|---------|-------------|-----------------------------|----------|
| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
| Plyo XT | Ripped Conditioning + Ultimate Abs | Muay Thai | Yoga XT | Legs & Back | Cardio XT + Ultimate Abs | Rest Day |

WEEK 2

| | | | | | | |
|---------|------------------------------------------|-------------------|---------|-------------------------------|----------------|----------|
| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
| Plyo XT | Ripped Conditioning + Ultimate Abs | Cross Core Combat | Yoga XT | Buns & Guns + Ultimate Abs | Sprawl & Brawl | Rest Day |

WEEK 3

| | | | | | | |
|---------|------------------------------------------|-----------|---------|-------------|-----------------------------|----------|
| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
| Plyo XT | Ripped Conditioning + Ultimate Abs | Muay Thai | Yoga XT | Legs & Back | Cardio XT + Ultimate Abs | Rest Day |

WEEK 4

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