

# 60 DAY WORKOUT SCHEDULE

| MONTH 1                  |                           |                            |                 |                           |                           |      |
|--------------------------|---------------------------|----------------------------|-----------------|---------------------------|---------------------------|------|
| 1                        | 2                         | 3                          | 4               | 5                         | 6                         | 7    |
| Fit Test                 | Plyometric Cardio Circuit | Cardio Power & Resistance  | Cardio Recovery | Pure Cardio               | Plyometric Cardio Circuit | Rest |
| 8                        | 9                         | 10                         | 11              | 12                        | 13                        | 14   |
| CardioPower & Resistance | Pure Cardio               | Plyometric Cardio Circuit  | Cardio Recovery | Cardio Power & Resistance | Pure Cardio & Cardio Abs  | Rest |
| 15                       | 16                        | 17                         | 18              | 19                        | 20                        | 21   |
| Fit Test                 | Plyometric Cardio Circuit | Pure Cardio and Cardio Abs | Cardio Recovery | Cardio Power & Resistance | Plyometric Cardio Circuit | Rest |
| 22                       | 23                        | 24                         | 25              | 26                        | 27                        | 28   |
| Pure Cardio & Cardio Abs | Cardio Power & Resistance | Plyometric Cardio Circuit  | Cardio Recovery | Pure Cardio & Cardio Abs  | Plyometric Cardio Circuit | Rest |

| RECOVERY WEEK         |                       |                       |                       |                       |                       |      |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|------|
| 29                    | 30                    | 31                    | 32                    | 33                    | 34                    | 35   |
| Core Cardio & Balance | Core Cardio & Balance | Core Cardio & Balance | Core Cardio & Balance | Core Cardio & Balance | Core Cardio & Balance | Rest |

| MONTH 2                         |                                       |                                       |                          |                                       |                                       |          |
|---------------------------------|---------------------------------------|---------------------------------------|--------------------------|---------------------------------------|---------------------------------------|----------|
| 36                              | 37                                    | 38                                    | 39                       | 40                                    | 41                                    | 42       |
| Fit Test & Max Interval Circuit | Max Interval Plyo                     | Max Cardio Conditioning               | Max Recovery             | Max Interval Circuit                  | Max Interval Plyo                     | Rest     |
| 43                              | 44                                    | 45                                    | 46                       | 47                                    | 48                                    | 49       |
| Max Cardio Conditioning         | Max Interval Circuit                  | Max Interval Plyo                     | Max Recovery             | Max Cardio Conditioning & Cardio Abs* | Core Cardio and Balance*              | Rest     |
| 50                              | 51                                    | 52                                    | 53                       | 54                                    | 55                                    | 56       |
| Fit Test & Max Interval Circuit | Max Interval Plyo                     | Max Cardio Conditioning & Cardio Abs* | Max Recovery             | Max Interval Circuit                  | Core Cardio and Balance*              | Rest     |
| 57                              | 58                                    | 59                                    | 60                       | 61                                    | 62                                    | 63       |
| Max Interval Plyo               | Max Cardio Conditioning & Cardio Abs* | Max Interval Circuit                  | Core Cardio and Balance* | Max Interval Plyo                     | Max Cardio Conditioning & Cardio Abs* | Fit Test |