

THE MASTER'S CHISEL™ 30-DAY CALENDAR

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	CHISEL ENDURANCE	ISO STRENGTH CHISEL	CHISEL AGILITY or optional: POWER CHISEL™	DAY OFF	TOTAL BODY CHISEL	CHISEL CARDIO and optional: 15 MIN GLUTE CHISEL™	CHISEL BALANCE
2	TOTAL BODY CHISEL and 10 MIN AB CHISEL	CHISEL AGILITY or optional: THE MASTER'S CARDIO™	ISO STRENGTH CHISEL and 10 MIN AB CHISEL	DAY OFF	CHISEL ENDURANCE and 15 MIN GLUTE CHISEL™	CHISEL ENDURANCE or optional: POWER CHISEL™	CHISEL CARDIO
3	CHISEL BALANCE and 10 MIN AB CHISEL	CHISEL CARDIO	CHISEL ENDURANCE	DAY OFF	ISO STRENGTH CHISEL or optional: POWER CHISEL™	CHISEL AGILITY and 10 MIN AB CHISEL	TOTAL BODY CHISEL and optional: 15 MIN GLUTE CHISEL™
4	ISO STRENGTH CHISEL and 10 MIN AB CHISEL	CHISEL AGILITY or optional: THE MASTER'S CARDIO™ and optional: 15 MIN GLUTE CHISEL™	TOTAL BODY CHISEL or optional: POWER CHISEL™ and 10 MIN AB CHISEL	DAY OFF	CHISEL ENDURANCE	CHISEL BALANCE and 10 MIN AB CHISEL	CHISEL CARDIO



****THE MASTER'S CARDIO is a Team Beachbody Exclusive Workout and can be used to replace HAMMER PLYOMETRICS and/or CHISEL AGILITY on their scheduled days, if you have limited time.**