

| Week | Phase 1                             |                                 |                           |                                     |                             |                                 |                   |
|------|-------------------------------------|---------------------------------|---------------------------|-------------------------------------|-----------------------------|---------------------------------|-------------------|
| 1    | 1<br>Chest & Back                   | 2<br>Cardio<br>Ab RipperX       | 3<br>Shoulders &<br>Arms  | 4<br>YogaX or<br>Fountain of Youth  | 5<br>Legs & Back            | 6<br>Speed 1.0<br>Ab Intervals  | 7<br>Xstretch     |
| 2    | 8<br>Chest & Back                   | 9<br>Cardio<br>Ab RipperX       | 10<br>Shoulders &<br>Arms | 11<br>YogaX or<br>Fountain of Youth | 12<br>Lower Focus           | 13<br>Speed 1.0<br>Ab Intervals | 14<br>T25 Stretch |
| 3    | 15<br>Chest & Back                  | 16<br>Cardio<br>Ab RipperX      | 17<br>Shoulders &<br>Arms | 18<br>YogaX or<br>Fountain of Youth | 19<br>Legs & Back           | 20<br>Speed 1.0<br>Ab Intervals | 21<br>Xstretch    |
| 4    | 22<br>Total Body Circuit            | 23<br>Cardio                    | 24<br>Speed 1.0           | 25<br>YogaX or<br>Fountain of Youth | 26<br>Total Body<br>Circuit | 27<br>Cardio                    | 28<br>T25 Stretch |
| Week | Phase 2                             |                                 |                           |                                     |                             |                                 |                   |
| 5    | 29<br>Chest, Shoulders &<br>Triceps | 30<br>Cardio<br>Ab RipperX      | 31<br>Back &<br>Biceps    | 32<br>YogaX or<br>Fountain of Youth | 33<br>Lower Focus           | 34<br>Speed 1.0<br>Ab Intervals | 35<br>XStretch    |
| 6    | 36<br>Chest, Shoulders &<br>Triceps | 37<br>Cardio<br>Ab RipperX      | 38<br>Back &<br>Biceps    | 39<br>YogaX or<br>Fountain of Youth | 40<br>Legs & Back           | 41<br>Speed 1.0<br>Ab Intervals | 42<br>T25 Stretch |
| 7    | 43<br>Chest, Shoulders &<br>Triceps | 44<br>Core Cardio<br>Ab RipperX | 45<br>Back &<br>Biceps    | 46<br>YogaX or<br>Fountain of Youth | 47<br>Lower Focus           | 48<br>Speed 2.0<br>Ab Intervals | 49<br>XStretch    |
| 8    | 50<br>Rip-T Circuit                 | 51<br>Cardio                    | 52<br>Speed 1.0           | 53<br>YogaX or<br>Fountain of Youth | 54<br>Rip-T Circuit         | 55<br>Cardio                    | 56<br>T25 Stretch |
| Week | Phase 3                             |                                 |                           |                                     |                             |                                 |                   |
| 9    | 57<br>Chest & Back                  | 58<br>Core Cardio<br>Ab RipperX | 59<br>Shoulders &<br>Arms | 60<br>YogaX or<br>Fountain of Youth | 61<br>Legs & Back           | 62<br>Speed 2.0<br>Dynamic Core | 63<br>Xstretch    |
| 10   | 64<br>Upper Focus                   | 65<br>Core Cardio<br>Ab RipperX | 66<br>Back &<br>Biceps    | 67<br>YogaX or<br>Fountain of Youth | 68<br>Lower Focus           | 69<br>Speed 2.0<br>Dynamic Core | 70<br>T25 Stretch |
| 11   | 71<br>Upper Focus                   | 72<br>Core Cardio<br>Ab RipperX | 73<br>Shoulders &<br>Arms | 74<br>YogaX or<br>Fountain of Youth | 75<br>Legs & Back           | 76<br>Speed 2.0<br>Dynamic Core | 77<br>Xstretch    |
| 12   | 78<br>Chest, Shoulders &<br>Triceps | 79<br>Core Cardio<br>Ab RipperX | 80<br>Back &<br>Biceps    | 81<br>YogaX or<br>Fountain of Youth | 82<br>Lower Focus           | 83<br>Speed 2.0<br>Dynamic Core | 84<br>T25 Stretch |
| 13   | 85<br>Rip-T Circuit                 | 86<br>Cardio                    | 87<br>Speed 2.0           | 88<br>YogaX or<br>Fountain of Youth | 89<br>Rip-T Circuit         | 90<br>Cardio                    | 91<br>COMPLETE    |

