



ALPHA
MONTH ONE

Follow this calendar for ALPHA CYCLE.
Re-Created by CoachShaun.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	DOUBLE DAY FRIDAY	STATURDAY	SUNDAY
WEEK 1	CARDIO	SPEED 1.0	TOTAL BODY CURCUIT	AB INTERVALS	LOWER FOCUS CARDIO	RECORD YOUR STATS!	STRETCH
WEEK 2	CARDIO	TOTAL BODY CURCUIT	SPEED 1.0	CARDIO	LOWER FOCUS AB INTERVALS	RECORD YOUR STATS!	STRETCH
WEEK 3	TOTAL BODY CURCUIT	SPEED 1.0	LOWER FOCUS	CARDIO	TOTAL BODY CURCIT AB INTERVALS	RECORD YOUR STATS!	STRETCH
WEEK 4	CARDIO	TOTAL BODY CURCUIT	LOWER FOCUS	TOTAL BODY CURCUIT	AB INTERVALS SPEED 1.0	RECORD YOUR STATS!	STRETCH
WEEK 5	TOTAL BODY CURCUIT	AB INTERVALS	TOTAL BODY CURCUIT	CARDIO	TOTAL BODY CURCIT LOWER FOCUS	RECORD YOUR STATS!	STRETCH

DOUBLE DAY: FOR MAXIMUM RESULTS. Shaun recommends doing two workouts on Fridays. If you can't get though two workouts, dont stress. You can always do the second one over the weekend.

STATURDAY: Don't forget, This is the day to update your stats and see how much your hard work paid off.