

	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 CURCUIT 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 CURCUIT LOWER FOCUS	RECORD YOUR STATS!	STRETCH

DOUBLE DAY: FOR MAXIMUM RESULTS, Shaun recommends doing two workouts on Fridays. If you can't get through two workouts, don't 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.