

ALPHA PHASE

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	CARDIO	SPEED 1.0	TOTAL BODY CIRCUIT	AB INTERVALS	LOWER FOCUS CARDIO	REST	STRETCH
WEEK 2	CARDIO	TOTAL BODY CIRCUIT	SPEED 1.0	CARDIO	LOWER FOCUS AB INTERVALS	REST	STRETCH
WEEK 3	TOTAL BODY CIRCUIT	SPEED 1.0	LOWER FOCUS	CARDIO	TOTAL BODY CIRCUIT AB INTERVALS	REST	STRETCH
WEEK 4	CARDIO	TOTAL BODY CIRCUIT	LOWER FOCUS	TOTAL BODY CIRCUIT	AB INTERVALS SPEED 1.0	REST	STRETCH
WEEK 5	TOTAL BODY CIRCUIT	AB INTERVALS	TOTAL BODY CIRCUIT	CARDIO	TOTAL BODY CIRCUIT LOWER FOCUS	REST	STRETCH