

THE MASTER'S CHISEL™ 30-DAY CALENDAR

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