

MONTH 1

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

WEEK 1	CARDIO CHALLENGE Take your "Big 1" pre & stats	TABATA POWER	SWEAT INTERVALS*	TABATA POWER	FRIDAY FIGHT: ROUND 1	REST - PULSE (optional)	REST
WEEK 2	CARDIO CHALLENGE	TABATA POWER	SWEAT INTERVALS*	TABATA POWER	FRIDAY FIGHT: ROUND 1	REST - PULSE (optional)	REST
WEEK 3	CARDIO CHALLENGE	TABATA STRENGTH	SWEAT INTERVALS*	TABATA STRENGTH	FRIDAY FIGHT: ROUND 1	REST - PULSE (optional)	REST
WEEK 4	CARDIO CHALLENGE	TABATA STRENGTH	SWEAT INTERVALS*	TABATA STRENGTH	FRIDAY FIGHT: ROUND 1	REST - PULSE (optional)	REST Take your "Big 10" pre & stats

* If you have the TIME REST (20 min) you can use it to do a 10 min SWEAT INTERVALS or 10 min TABATA POWER or 10 min TABATA STRENGTH

MONTH 2

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

WEEK 1	MAX OUT CARDIO	MAX OUT POWER	MAX OUT SWEAT	MAX OUT STRENGTH	FRIDAY FIGHT: ROUND 2	REST - PULSE (optional)	REST
WEEK 2	MAX OUT CARDIO	MAX OUT POWER	MAX OUT SWEAT	MAX OUT STRENGTH	FRIDAY FIGHT: ROUND 2	REST - PULSE (optional)	REST
WEEK 3	MAX OUT CARDIO	MAX OUT POWER	MAX OUT SWEAT	MAX OUT STRENGTH	FRIDAY FIGHT: ROUND 2	REST - PULSE (optional)	REST
WEEK 4	MAX OUT CARDIO	MAX OUT POWER	MAX OUT SWEAT	MAX OUT STRENGTH	FRIDAY FIGHT: ROUND 2	CARDIO CHALLENGE (optional)	CHALLENGE COMPLETE! Take your "Big 10" pre & stats