

Week	Phase 1						
	1	2	3	4	5	6	7
1	Chest & Back	Cardio Ab RipperX	Shoulders & Arms	YogaX or Fountain of Youth	Legs & Back	Speed 1.0 Ab Intervals	Xstretch
	8	9	10	11	12	13	14
2	Chest & Back	Cardio Ab RipperX	Shoulders & Arms	YogaX or Fountain of Youth	Lower Focus	Speed 1.0 Ab Intervals	T25 Stretch
	15	16	17	18	19	20	21
3	Chest & Back	Cardio Ab RipperX	Shoulders & Arms	YogaX or Fountain of Youth	Legs & Back	Speed 1.0 Ab Intervals	Xstretch
	22	23	24	25	26	27	28
4	Total Body Circuit	Cardio	Speed 1.0	YogaX or Fountain of Youth	Total Body Circuit	Cardio	T25 Stretch
Week	Phase 2						
	29	30	31	32	33	34	35
5	Chest, Shoulders & Triceps	Cardio Ab RipperX	Back & Biceps	YogaX or Fountain of Youth	Lower Focus	Speed 1.0 Ab Intervals	XStretch
	36	37	38	39	40	41	42
6	Chest, Shoulders & Triceps	Cardio Ab RipperX	Back & Biceps	YogaX or Fountain of Youth	Legs & Back	Speed 1.0 Ab Intervals	T25 Stretch
	43	44	45	46	47	48	49
7	Chest, Shoulders & Triceps	Core Cardio Ab RipperX	Back & Biceps	YogaX or Fountain of Youth	Lower Focus	Speed 2.0 Ab Intervals	XStretch
	50	51	52	53	54	55	56
8	Rip-T Circuit	Cardio	Speed 1.0	YogaX or Fountain of Youth	Rip-T Circuit	Cardio	T25 Stretch
Week	Phase 3						
	57	58	59	60	61	62	63
9	Chest & Back	Core Cardio Ab RipperX	Shoulders & Arms	YogaX or Fountain of Youth	Legs & Back	Speed 2.0 Dynamic Core	Xstretch
	64	65	66	67	68	69	70
10	Upper Focus	Core Cardio Ab RipperX	Back & Biceps	YogaX or Fountain of Youth	Lower Focus	Speed 2.0 Dynamic Core	T25 Stretch
	71	72	73	74	75	76	77
11	Upper Focus	Core Cardio Ab RipperX	Shoulders & Arms	YogaX or Fountain of Youth	Legs & Back	Speed 2.0 Dynamic Core	Xstretch
	78	79	80	81	82	83	84
12	Chest, Shoulders & Triceps	Core Cardio Ab RipperX	Back & Biceps	YogaX or Fountain of Youth	Lower Focus	Speed 2.0 Dynamic Core	T25 Stretch
	85	86	87	88	89	90	91
13	Rip-T Circuit	Cardio	Speed 2.0	YogaX or Fountain of Youth	Rip-T Circuit	Cardio	COMPLETE

