

# 10 ROUNDS™

# CALENDAR

Step into the ring for 6 weeks, 5 workouts a week. You can do them any day of the week, as long as you do them in the order they appear on the calendar. Also, be sure to rest two days a week. Check the box as you go to keep track of your progress.

WEEK  
**1**  
LOS ANGELES

WEEK  
**2**  
LAS VEGAS

WEEK  
**3**  
DALLAS

WEEK  
**4**  
MIAMI

WEEK  
**5**  
BROOKLYN

WEEK  
**6**  
PHILADELPHIA

Day 1	Day 2	Day 3	Day 4	Day 5
<b>Boxing</b> Power Jabs & Crosses (1s, 2s) <input type="checkbox"/>	<b>Lift</b> Lower Body <input type="checkbox"/>	<b>Boxing</b> Speed & Hooks (3s, 4s) <input type="checkbox"/>	<b>Lift</b> Upper Body <input type="checkbox"/>	<b>Boxing</b> Power Uppercuts (5s, 6s) <input type="checkbox"/>
<b>Boxing</b> Core Defensive Slips <input type="checkbox"/>	<b>Lift</b> Upper Body <input type="checkbox"/>	<b>Boxing</b> Core Defensive Rolls <input type="checkbox"/>	<b>Lift</b> Lower Body <input type="checkbox"/>	<b>Boxing</b> Defensive Shred (Slips & Rolls) <input type="checkbox"/>
<b>Boxing</b> Cardio Footwork <input type="checkbox"/>	<b>Lift</b> Lower Body <input type="checkbox"/>	<b>Boxing</b> Footwork Agility <input type="checkbox"/>	<b>Lift</b> Upper Body <input type="checkbox"/>	<b>Boxing</b> Endurance Footwork <input type="checkbox"/>
<b>Boxing</b> Combinations: Body-Shot Crusher <input type="checkbox"/>	<b>Lift</b> Upper Body <input type="checkbox"/>	<b>Boxing</b> Combinations: Full Body Conditioning <input type="checkbox"/>	<b>Lift</b> Lower Body <input type="checkbox"/>	<b>Boxing</b> Combinations: Full Body Burnout <input type="checkbox"/>
<b>Boxing</b> Combinations: Sparring Pivots <input type="checkbox"/>	<b>Lift</b> Lower Body <input type="checkbox"/>	<b>Boxing</b> Combinations: Speed & Agility Pivots <input type="checkbox"/>	<b>Lift</b> Upper Body <input type="checkbox"/>	<b>Boxing</b> Combinations: Pivots & Power <input type="checkbox"/>
<b>Boxing</b> Advanced Combos: Into the Ring <input type="checkbox"/>	<b>Lift</b> Upper Body <input type="checkbox"/>	<b>Boxing</b> Advanced Combos: Total Body Knockout <input type="checkbox"/>	<b>Lift</b> Lower Body <input type="checkbox"/>	<b>Boxing</b> The Final Fight <input type="checkbox"/>

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program and nutrition plan.

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