

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1							
	AGILITY TUTORIAL X TRAINER	UPPER ELITE	POWER LEGS	BACK & 6-PACK	OFF-DAY STRETCH	CHAMPIONSHIP FIT TEST (SUDDEN DEATH OT)	REST OR OFF-DAY STRETCH
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 ROUND FIT TEST = AGILITY: THE AUDITION, 4X POWER JUMPS, 2X BURPEE INTO X JUMP.						(# OF ROUNDS)	<input type="text"/>
WEEK 2							
	X TRAINER	UPPER ELITE	POWER LEGS	BACK & 6-PACK	OFF-DAY STRETCH	CHAMPIONSHIP FIT TEST (SUDDEN DEATH OT)	REST OR OFF-DAY STRETCH
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 ROUND FIT TEST = AGILITY: THE AUDITION, 4X POWER JUMPS, 2X BURPEE INTO X JUMP.						(# OF ROUNDS)	<input type="text"/>
WEEK 3							
	X TRAINER	UPPER ELITE	POWER LEGS AB SHREDDER	BACK & 6-PACK PURE CONTACT*	OFF-DAY STRETCH	CHAMPIONSHIP FIT TEST (SUDDEN DEATH OT)	REST OR OFF-DAY STRETCH
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 ROUND FIT TEST = AGILITY: THE AUDITION, 4X POWER JUMPS, 2X BURPEE INTO X JUMP.						(# OF ROUNDS)	<input type="text"/>
WEEK 4							
	X TRAINER	UPPER ELITE	POWER LEGS AB SHREDDER	BACK & 6-PACK PURE CONTACT*	OFF-DAY STRETCH	CHAMPIONSHIP FIT TEST (SUDDEN DEATH OT)	REST OR OFF-DAY STRETCH
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 ROUND FIT TEST = AGILITY: THE AUDITION, 4X POWER JUMPS, 2X BURPEE INTO X JUMP.						(# OF ROUNDS)	<input type="text"/>