

Classic +

PHASE 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Upper Plus, Abs/Core Plus	Interval X Plus, Abs/Core Plus	Total Body Plus	Yoga X	Upper Plus, Abs/Core Plus	Kenpo Cardio Plus	Rest or X-Stretch
Upper Plus, Abs/Core Plus	Interval X Plus, Abs/Core Plus	Total Body Plus	Yoga X	Upper Plus, Abs/Core Plus	Kenpo Cardio Plus	Rest or X-Stretch
Upper Plus, Abs/Core Plus	Interval X Plus, Abs/Core Plus	Total Body Plus	Yoga X	Upper Plus, Abs/Core Plus	Kenpo Cardio Plus	Rest or X-Stretch
Back and Biceps, Ab Ripper X	Core Synergistics	Chest, Shoulders & Triceps	Abs/Core Plus, X Stretch	Legs and Back	Yoga X	Rest or X-Stretch

PHASE 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Upprt Plus, AB/Core plus	Plyometrics	Total Body Plus	Yoga X	Upprt Plus, AB/Core plus	Kenpo Cardio Plus	Rest or X-Stretch
Upprt Plus, AB/Core plus	Plyometrics	Total Body Plus	Yoga X	Upprt Plus, AB/Core plus	Kenpo Cardio Plus	Rest or X-Stretch
Upprt Plus, AB/Core plus	Plyometrics	Total Body Plus	Yoga X	Upprt Plus, AB/Core plus	Kenpo Cardio Plus	Rest or X-Stretch
Chest and Back	Core Synergistics	Shoulders & Arms	Abs/Core Plus, X Stretch	Legs and Back	Yoga X	Rest or X-Stretch

Phase 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Upprt Plus, AB/Core plus	Interval X Plus, Abs/Core Plus	Total Body Plus	Yoga X	Upprt Plus, AB/Core plus	Kenpo Cardio Plus	Rest or X-Stretch
Upprt Plus, AB/Core plus	Plyometrics	Total Body Plus	Yoga X	Upprt Plus, AB/Core plus	Kenpo Cardio Plus	Rest or X-Stretch
Upprt Plus, AB/Core plus	Interval X Plus, Abs/Core Plus	Total Body Plus	Yoga X	Upprt Plus, AB/Core plus	Kenpo Cardio Plus	Rest or X-Stretch
Upprt Plus, AB/Core plus	Plyometrics	Total Body Plus	Yoga X	Upprt Plus, AB/Core plus	Kenpo Cardio Plus	Rest or X-Stretch

Lean +

PHASE 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Plus	Interval X Plus, Ab/Core plus	Kenpo Cardio Plus	Upper Plus, Ab/Core Plus	Yoga X	Core Synergistics	Rest or X-Stretch
Total Body Plus	Interval X Plus, Ab/Core plus	Kenpo Cardio Plus	Upper Plus, Ab/Core Plus	Yoga X	Core Synergistics	Rest or X-Stretch
Total Body Plus	Interval X Plus, Ab/Core plus	Kenpo Cardio Plus	Upper Plus, Ab/Core Plus	Yoga X	Core Synergistics	Rest or X-Stretch
Yoga X	Interval X Plus, Ab/Core plus	Kenpo Cardio Plus	Total Body Plus	X Stretch	Interval X Plus	Rest or X-Stretch

PHASE 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Plus	Interval X Plus, Ab/Core plus	Upper Plus, Ab/Core Plus	Yoga X	Core Synergistics	Kenpo Cardio Plus	Rest or X-Stretch
Total Body Plus	Interval X Plus, Ab/Core plus	Upper Plus, Ab/Core Plus	Yoga X	Core Synergistics	Kenpo Cardio Plus	Rest or X-Stretch
Total Body Plus	Interval X Plus, Ab/Core plus	Upper Plus, Ab/Core Plus	Yoga X	Core Synergistics	Kenpo Cardio Plus	Rest or X-Stretch
Yoga X	Interval X Plus, Ab/Core plus	Kenpo Cardio Plus	Total Body Plus	X Stretch	Interval X Plus, Ab/Core Plus	Rest or X-Stretch

Phase 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Upper Plus, Ab/Core Plus	Core Synergistics	Interval X Plus, Ab/Core plus	Yoga X	Total Body Plus	Kenpo Cardio Plus	Rest or X-Stretch
Total Body Plus	Interval X Plus, Ab/Core plus	Core Synergistics	Yoga X	Upper Plus, Ab/Core Plus	Kenpo Cardio Plus	Rest or X-Stretch
Upper Plus, Ab/Core Plus	Core Synergistics	Interval X Plus, Ab/Core plus	Yoga X	Total Body Plus	Kenpo Cardio Plus	Rest or X-Stretch
Total Body Plus	Interval X Plus, Ab/Core plus	Core Synergistics	Yoga X	Upper Plus, Ab/Core Plus	Kenpo Cardio Plus	Rest or X-Stretch

X + Doubles

PHASE 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Upper Plus, Abs/Core Plus	Interval X Plus, Abs/Core Plus	Total Body Plus	Yoga X	Upper Plus, Abs/Core Plus	Kenpo Cardio Plus	Rest or X-Stretch
	Upper Plus, Abs/Core Plus	Interval X Plus, Abs/Core Plus	Total Body Plus	Yoga X	Upper Plus, Abs/Core Plus	Kenpo Cardio Plus	Rest or X-Stretch
	Upper Plus, Abs/Core Plus	Interval X Plus, Abs/Core Plus	Total Body Plus	Yoga X	Upper Plus, Abs/Core Plus	Kenpo Cardio Plus	Rest or X-Stretch
	Interval X Plus, Ab/Core Plus	Core Synergistics	Kenpo Cardio Plus	Total Body Plus, Ab Ripper X	X Stretch	Yoga X	Rest or X-Stretch

PHASE 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	am-Cardio X pm-Total Body Plus	Interval X Plus, Abs/Core Plus	am-Cardio X pm-Upper Plus, Abs/Core Plus	Yoga X	am-Cardio X pm-Core Synergistics	Kenpo Cardio Plus	Rest or X-Stretch
	am-Cardio X pm-Total Body Plus	Interval X Plus, Abs/Core Plus	am-Cardio X pm-Upper Plus, Abs/Core Plus	Yoga X	am-Cardio X pm-Core Synergistics	Kenpo Cardio Plus	Rest or X-Stretch
	am-Cardio X pm-Total Body Plus	Interval X Plus, Abs/Core Plus	am-Cardio X pm-Upper Plus, Abs/Core Plus	Yoga X	am-Cardio X pm-Core Synergistics	Kenpo Cardio Plus	Rest or X-Stretch
	Yoga X	Interval X Plus, Ab/Core plus	Kenpo Cardio Plus	Total Body Plus	X Stretch	Interval X Plus, Ab/Core Plus	Rest or X-Stretch

Phase 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	am-Cardio X pm-Upper Plus, Ab/core Plus	am-Yoga X pm-Core Synergistics	am-X Stretch pm-Interval X, Ab/Core Plus	Yoga X	am-Cardio X pm-Total body	am-Cardio X pm-Kenpo Cardio Plus	Rest or X-Stretch
	am-Yoga X pm-Total Body	am-Cardio X pm-Interval X, Ab/Core Plus	am-X Stretch pm-Core Synergistics	Yoga X	am-Cardio X pm-Upper Plus, Ab/Core Plus	Kenpo Cardio Plus	Rest or X-Stretch
	am-Cardio X pm-Upper Plus, Ab/core Plus	am-Yoga X pm-Core Synergistics	am-X Stretch pm-Interval X, Ab/Core Plus	Yoga X	am-Cardio X pm-Total body	am-Cardio X pm-Kenpo Cardio Plus	Rest or X-Stretch
	am-Yoga X pm-Total Body	am-Cardio X pm-Interval X, Ab/Core Plus	am-X Stretch pm-Core Synergistics	Yoga X	am-Cardio X pm-Upper Plus, Ab/Core Plus	Kenpo Cardio Plus	Rest or X-Stretch

CST = Chest, Shoulders and Triceps
B&B = Back and Biceps

L&B = Legs and Back
C&B = Chest and Back