

▶ TAKE "BEFORE" PHOTO!

PHASE 1

START

DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 1	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 2	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 3	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 4	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 5	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 6	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 7
DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 8	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 9	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 10	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 11	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 12	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 13	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 14
DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 15	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 16	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 17	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 18	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 19	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 20	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 21
DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 22	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 23	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 24	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 25	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 26	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 27	DIET <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> 28

MEASURE  
BODY FAT %

NOTES

DECIDE



CONTINUE TO BUILD ON YOUR SUCCESS AND LOG ONTO [Beachbody.com](http://Beachbody.com) FOR SUPPORT

# PHASE 2

DIET  Y  N 29    DIET  Y  N 30    DIET  Y  N 31    DIET  Y  N 32    DIET  Y  N 33    DIET  Y  N 34    DIET  Y  N 35

DIET  Y  N 36    DIET  Y  N 37    DIET  Y  N 38    DIET  Y  N 39    DIET  Y  N 40    DIET  Y  N 41    DIET  Y  N 42

DIET  Y  N 43    DIET  Y  N 44    DIET  Y  N 45    DIET  Y  N 46    DIET  Y  N 47    DIET  Y  N 48    DIET  Y  N 49

DIET  Y  N 50    DIET  Y  N 51    DIET  Y  N 52    DIET  Y  N 53    DIET  Y  N 54    DIET  Y  N 55    DIET  Y  N 56

MEASURE  
BODY FAT %

NOTES

COMMIT



PSOX™

# PHASE 3

DIET  Y  N 57    DIET  Y  N 58    DIET  Y  N 59    DIET  Y  N 60    DIET  Y  N 61    DIET  Y  N 62    DIET  Y  N 63

DIET  Y  N 64    DIET  Y  N 65    DIET  Y  N 66    DIET  Y  N 67    DIET  Y  N 68    DIET  Y  N 69    DIET  Y  N 70

DIET  Y  N 71    DIET  Y  N 72    DIET  Y  N 73    DIET  Y  N 74    DIET  Y  N 75    DIET  Y  N 76    DIET  Y  N 77

DIET  Y  N 78    DIET  Y  N 79    DIET  Y  N 80    DIET  Y  N 81    DIET  Y  N 82    DIET  Y  N 83    DIET  Y  N 84

DIET  Y  N 85    DIET  Y  N 86    DIET  Y  N 87    DIET  Y  N 88    DIET  Y  N 89    DIET  Y  N 90

MEASURE  
BODY FAT %

TAKE  
"AFTER"  
PHOTO! 

# SUCCEEDED



# PHASE 1

## CLASSIC

WEEKS 1, 2, 3

1. Chest & Back, Ab Ripper X
2. Plyometrics
3. Shoulders & Arms, Ab Ripper X
4. Yoga X
5. Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

## DOUBLES

WEEKS 1, 2, 3

1. Chest & Back, Ab Ripper X
2. Plyometrics
3. Shoulders & Arms, Ab Ripper X
4. Yoga X
5. Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

## LEAN

WEEKS 1, 2, 3

1. Core Synergistics
2. Cardio X
3. Shoulders & Arms, Ab Ripper X
4. Yoga X
5. Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

## CLASSIC (Recovery Week)

WEEK 4

- Yoga X
- Core Synergistics
- Kenpo X
- X Stretch
- Core Synergistics
- Yoga X
- Rest or X Stretch

## DOUBLES (Recovery Week)

WEEK 4

- Yoga X
- Core Synergistics
- Kenpo X
- X Stretch
- Core Synergistics
- Yoga X
- Rest or X Stretch

## LEAN (Recovery Week)

WEEK 4

- Yoga X
- Core Synergistics
- Kenpo X
- X Stretch
- Cardio X
- Yoga X
- Rest or X Stretch



Days 1-28



CONTINUE TO BUILD ON YOUR SUCCESS AND LOG ONTO [Beachbody.com](http://Beachbody.com) FOR SUPPORT

# PHASE 2

## CLASSIC

WEEKS 5, 6, 7

1. Chest, Shoulders & Triceps, Ab Ripper X
2. Plyometrics
3. Back & Biceps, Ab Ripper X
4. Yoga X
5. Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

## DOUBLES

WEEKS 5, 6, 7

1. AM Cardio X; PM Chest, Shoulders & Triceps, Ab Ripper X
2. Plyometrics
3. AM Cardio X; PM Back & Biceps, Ab Ripper X
4. Yoga X
5. AM Cardio X; PM Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

## LEAN

WEEKS 5, 6, 7

1. Core Synergistics
2. Cardio X
3. Chest, Shoulders & Triceps, Ab Ripper X
4. Yoga X
5. Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

## CLASSIC (Recovery Week)

WEEK 8

- Yoga X
- Core Synergistics
- Kenpo X
- X Stretch
- Core Synergistics
- Yoga X
- Rest or X Stretch

## DOUBLES (Recovery Week)

WEEK 8

- Yoga X
- Core Synergistics
- Kenpo X
- X Stretch
- Core Synergistics
- Yoga X
- Rest or X Stretch

## LEAN (Recovery Week)

WEEK 8

- Yoga X
- Core Synergistics
- Kenpo X
- X Stretch
- Cardio X
- Yoga X
- Rest or X Stretch



# PHASE 3

## CLASSIC

WEEKS 9, 11

1. Chest & Back, Ab Ripper X
2. Plyometrics
3. Shoulders & Arms, Ab Ripper X
4. Yoga X
5. Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

WEEKS 10, 12

- Chest, Shoulders & Triceps, Ab Ripper X  
 Plyometrics  
 Back & Biceps, Ab Ripper X  
 Yoga X  
 Legs & Back, Ab Ripper X  
 Kenpo X  
 Rest or X Stretch

35

## DOUBLES

WEEKS 9, 11

1. AM Cardio X; PM Chest & Back, Ab Ripper X
2. AM Cardio X; PM Plyometrics
3. Shoulders & Arms, Ab Ripper X
4. AM Cardio X; PM Yoga X
5. AM Cardio X; PM Legs & Back, Ab Ripper X
6. Kenpo X
7. Rest or X Stretch

WEEKS 10, 12

- AM Cardio X; PM Chest, Shoulders & Triceps, Ab Ripper X  
 AM Cardio X; PM Plyometrics  
 Back & Biceps, Ab Ripper X  
 AM Cardio X; PM Yoga X  
 AM Cardio X; PM Legs & Back, Ab Ripper X  
 Kenpo X  
 Rest or X Stretch

42

49

## LEAN

WEEKS 9, 11

1. Chest & Back, Ab Ripper X
2. Cardio X
3. Shoulders & Arms, Ab Ripper X
4. Yoga X
5. Core Synergistics
6. Kenpo X
7. Rest or X Stretch

WEEKS 10, 12

- Chest, Shoulders & Triceps, Ab Ripper X  
 Cardio X  
 Back & Biceps, Ab Ripper X  
 Yoga X  
 Core Synergistics  
 Kenpo X  
 Rest or X Stretch

56

## CLASSIC (Recovery Week)

WEEK 13

1. Yoga X
2. Core Synergistics
3. Kenpo X
4. X Stretch
5. Core Synergistics
6. Yoga X
7. Rest or X Stretch

## DOUBLES (Recovery Week)

WEEK 13

- Yoga X  
 Core Synergistics  
 Kenpo X  
 X Stretch  
 Core Synergistics  
 Yoga X  
 Rest or X Stretch

## LEAN (Recovery Week)

WEEK 13

- Yoga X  
 Core Synergistics  
 Kenpo X  
 X Stretch  
 Cardio X  
 Yoga X  
 Rest or X Stretch

Days 57-90



ACCELERATED PROGRESS