TURBOFIRE-CLX HYBRID - BB ORIGINAL

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1 Recovery	Stretch 40	Ab Burner Recharge	Rest	Burn 1	Core 20 Stretch 10	Burn It Off Stretch 10	Ab Burner Recharge
2 Recovery	Burn 2	Extreme Abs Recharge	Rest	Burn 3	Core 20 Stretch 10	Burn Intervals Stretch 10	Abs 10 Recharge
3 Recovery	Burn 1	Extreme Abs Recharge	Rest	Burn 2 Stretch 10	Burn Intervals Ab Burner	Burn 3 Stretch 10	Abs 10 Stretch 40
4 Transition	Fire 45 Stretch 10	HIIT15 Stretch 10	Rest	Fire 30 Abs 10	Fire 45 EZ Stretch 10	Core 20 Stretch 40	Fire 45 Stretch 10
5 Hypertrophy	Push 1 Stretch 10	Burn It Off Extreme Abs	Rest	Push 2 Stretch 10	Burn Intervals Ab Burner	Push 3 Stretch 10	Fire 45 EZ Abs 10
6 Hypertrophy	Push 1 Stretch 10	Burn It Off Extreme Abs	Rest	Push 2 Stretch 10	Burn Intervals Ab Burner	Push 3 Stretch 10	Fire 45 EZ Abs 10
7 Hypertrophy	Push 1 Stretch 10	Fire 30 Abs 10	Rest	Push 2 Stretch 10	Fire 30 Abs 10	Push 3 Stretch 10	Fire 55 Ez Abs 10
8 Hypertrophy	Push 1 Stretch 10	Fire 45 Abs 10	Rest	Push 2 Stretch 10	Fire 45 Abs 10	Push 3 Stretch 10	Fire 55 Ez Abs 10
9 Transition	HIIT 15 Stretch 10	Fire 45 Ab Burner	Rest	HIIT 15 Sculpt 30	Fire 45 EZ Stretch 10	Core 20 Stretch 40	Fire 55 EZ Stretch 10
10 HIIT	HIIT 20 Tone 30	Burn It Off Extreme Abs	Rest	HIIT 25 Sculpt 30	Burn Intervals Ab Burner	HIIT 20 Tone 30	Fire 55 EZ Stretch 10
11 HITT	HIIT 25 Sculpt 30	Fire 45 Abs 10	Rest	HIIT 25 Tone 30	Fire 45 EZ Abs 10	HIIT 25 Sculpt 30	Fire 30 Abs 10
12 HITT	HITT 25 Tone 30	Fire 60 Abs 10	Rest	HITT 30 Sculpt 30	Fire 55 EZ Abs 10	HITT 25 Tone 30	Fire 30 Abs 10
13 Recovery	Rest	Ab Burner Recharge	Fire 45 EZ Stretch 10	Abs 10 Stretch 40	Fire 45 EZ Stretch 10	Stretch 40	Rest
14 Cardio/ Sculpt	Fire 45 Stretch 10	Lean 1 Abs 10	Rest	Fire 60 Stretch 10	Lean 2 Extreme Abs	Fire 55 EZ Stretch 10	Lean 3 Ab Burner
15 Cardio/ Sculpt	Fire 60 Stretch 10	Lean 1 Abs 10	Rest	Fire 60 Stretch 10	Lean 2 Core 20	Fire 55 EZ Stretch 10	Lean 3 Extreme Abs
16 Cardio/ Sculpt	Fire 60 Stretch 10	Lean 1 Core 20	Rest	Fire 60 Stretch 10	Lean 2 Core 20	Fire 60 Stretch 10	Lean 3 Core 20
17 Transition	Fire 45 EZ Stretch 10	Burn Intervals Extreme Abs	Rest	Core 20 Stretch 40	Fire 30 Stretch 10	Fire 45 EZ Stretch 10	Core 20 Stretch 10
18 HITT	HIIT 20 Upper 20	Fire 60 Abs 10	Rest	HIIT 25 Lower 20	Fire 55 EZ Abs Burner	HITT 20 Sculpt 30	Fire 45 EZ Abs 10
19 HITT	HITT 25 Upper 20	Fire 60 Abs 10	Rest	HIIT 30 Lower 20	Fire 55 EZ Extreme Abs	HITT 25 Sculpt 30	Fire 45 EZ Abs 10
20 HIIT	HITT 30 Upper 20	Fire 60 Abs 10	Rest	HITT 30 Lower 20	Fire 55 EZ Core 20	HITT 30 Sculpt 30	Fire 45 EZ Abs 10

TURBOFIRE PREP ROTATION - ORIGINAL BB

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Fire 30 Stretch 10	Stretch 40	Rest	Tone 30	Fire 45 EZ Stretch 10	Core 20	Stretch 40
2	Fire 45 EZ Stretch 10	Stretch 40	Rest	Sculpt 30	Core 20 Stretch 10	Fire 30 Stretch 10	Stretch 40
3	Fire 45 EZ Stretch 10	Tone 30 Stretch 10	Rest	Fire 30 Stretch 10	Stretch 40	Core 20 Stretch 10	Stretch 40
4	Fire 45 EZ Stretch 10	Tone 30 Stretch 10	Rest	Fire 30 Stretch 10	Core 20 Stretch 10	Fire 45 EZ	Core 20 Stretch 10
5	Fire 30 Stretch 10	Fire 45 EZ	Rest	Sculpt 30 Stretch 10	Core 20 Stretch 10	Fire 55 EZ	Core 20 Stretch 10
6	Fire 30 Stretch 10	Fire 55 EZ	Rest	Sculpt 30 Stretch 10	Fire 45 EZ Stretch 10	Core 20 Stretch 10	Stretch 40
7	Fire 30 Stretch 10	Fire 55 EZ	Rest	HITT 15 Stretch 10	Sculpt 30 Core 20	Fire 45 Ez Stretch 10	Core 20 Stretch 10
8	Fire 30 Stretch 10	Fire 55 EZ	Rest	HITT 15 Stretch 10	Sculpt 30 Core 20	Fire 45 Ez Stretch 10	Core 20 Stretch 40
9	Stretch 40	Fire 45 Stretch 10	Rest	Core 20 Stretch 10	Fire 45 EZ Stretch 10	Stretch 40	Fire 45 EZ Abs 10

TURBOFIRE CALENDAR - ORIGINAL BB

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1 Intro	Fire 30 Stretch 10	HIIT 15 Stretch 10	Rest	Fire 30 Stretch 10	Fire 55 EZ	Fire 30 Stretch 10	Core 20 Stretch 40
2 HIIT-1	Fire 45 Stretch 10	HIIT 20 Stretch 10	Rest	HIIT 15 Sculpt 30	Fire 55 EZ	Core 20 Stretch 40	Fire 45 Stretch 10
3 HIIT-1	Fire 45 EZ Stretch 10	HIIT 25 Stretch 10	Rest	HIIT 15 Tone 30	Fire 45 EZ Stretch 10	Core 20 Stretch 40	Fire 55 EZ
4 HIIT-1	Fire 45 Stretch 10	HIIT 20 Stretch 10	Rest	HIIT 20 Sculpt 30	Fire 55 EZ	Core 20 Stretch 40	Fire 45 Stretch 10
5 Cardio	Fire 45 EZ	Fire 30 Sculpt 30	Rest	Fire 30 Tone 30	Fire 55 EZ	Fire 45	Core 20 Stretch 40
6 Cardio	Fire 55 EZ	Fire 30 Sculpt 30	Rest	Fire 30 Tone 30	Fire 55 EZ	Fire 45	Core 20 Stretch 40
7 Cardio	Fire 55 EZ	Fire 30 Sculpt 30	Rest	Fire 30 Tone 30	Fire 55 EZ	Fire 45	Core 20 Stretch 40
8 Recovery	Fire 45 EZ Stretch 10	Fire 45 EZ Stretch 10	Rest	Core 20 Stretch 40	Fire 30 Stretch 10	Fire 45 EZ Stretch 10	Core 20 Stretch 10
9 HIIT-2	HIIT 15 Sculpt 30	Fire 45 Stretch 10	Rest	HIIT 15 Tone 30	Fire 55 EZ	HIIT 20 Sculpt 30	Fire 30 Stretch 10
10 HIIT-2	HIIT 20 Tone 30	Fire 45 Stretch 10	Rest	HIIT 25 Sculpt 30	Fire 55 EZ	HIIT 20 Tone 30	Fire 30 Stretch 10
11 HITT-2	HIIT 25 Sculpt 30	Fire 45 Stretch 10	Rest	HIIT 25 Tone 30	Fire 55 EZ	HIIT 25 Sculpt 30	Fire 30 Stretch 10
12 Recovery	Rest	Fire 45 EZ Stretch 10	Fire 55 EZ	Stretch 40	Fire 45 EZ Stretch 10	Stretch 40	Rest
13 Advanced Cardio	Fire 60 Abs 10	Fire 45 EZ Lower 20	Rest	Fire 30 Upper 20	Fire 55 EZ Abs 10	Fire 60 Stretch 10	Core 20 Stretch 40
14 Advanced Cardio	Fire 60 Stretch 10	Fire 45 EZ Lower 20	Rest	Fire 30 Upper 20	Fire 55 EZ Abs 10	Fire 60 Stretch 10	Core 20 Stretch 40
15 Advanced Cardio	Fire 60 Stretch 10	Fire 45 EZ Lower 20	Rest	Fire 30 Upper 20	Fire 55 EZ Abs 10	Fire 60 Stretch 10	Core 20 Stretch 40
16 Recovery	Fire 45 EZ Lower 20	Fire 45 EZ Lower 20	Rest	Core 20 Stretch 40	Fire 30 Stretch 10	Fire 45 EZ Lower 20	Core 20 Stretch 10
17 HIIT-3	HIIT 15 Upper 20	Fire 45 Abs 10	Rest	HIIT 30 Lower 20	Fire 55 EZ Abs 10	HIIT 20 Sculpt 30	Abs 10
18 HITT-3	HIIT 25 Upper 20	Fire 60 Abs 10	Rest	HIIT 30 Lower 20	Fire 55 EZ Abs 10	HIIT 25 Sculpt 30	Fire 45 EZ Abs 10
19 HITT-3	HIIT 30 Upper 20	Fire 60 Abs 10	Rest	HIIT 30 Lower 20	Fire 55 EZ Abs 10	HIIT 30 Sculpt 30	Fire 30 Abs 10
20 Recovery	Rest	Fire 45 EZ Stretch 10	Fire 55 EZ	Abs 10 Stretch 40	Fire 45 EZ Stretch 10	Abs 10 Stretch 40	Rest