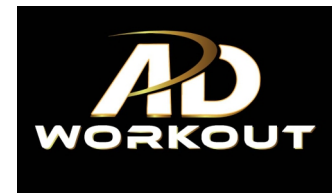


CALISHREDICS **ADVANCED**



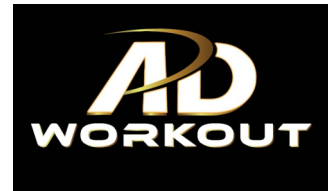
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 01		WORKOUT A2		WORKOUT B2 + WORKOUT D		WORKOUT C2	
WEEK 02		WORKOUT A2	WORKOUT A1	WORKOUT B2 + WORKOUT D		WORKOUT C2	
WEEK 03		WORKOUT A2		WORKOUT B2 + WORKOUT D	WORKOUT B1	WORKOUT C2	
WEEK 04		WORKOUT A2	WORKOUT A1	WORKOUT B2	WORKOUT B1	WORKOUT C2	
WEEK 05		WORKOUT C1 + WORKOUT D		WORKOUT C2	WORKOUT A1	WORKOUT C2	

Calishredics Advanced 12 Week Shred
Advance: 55+ Pushups 17+ Pullups

Sat-Sun: Rest/Stretch/Active Recovery

8-12%+ BF (MEN)
 15-18%+ BF (WOMAN)

CALISHREDICS **ADVANCED**



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 06		WORKOUT C1 + WORKOUT D		WORKOUT C2	WORKOUT B1	WORKOUT C2	
WEEK 07		WORKOUT B2	WORKOUT B1	WORKOUT D	WORKOUT C2	WORKOUT A1	
WEEK 08		WORKOUT A2	WORKOUT A1	WORKOUT D	WORKOUT C2	WORKOUT B1	
WEEK 09		WORKOUT C2	WORKOUT C1	WORKOUT D	WORKOUT A1	WORKOUT C1	
WEEK 10		WORKOUT C2	WORKOUT C1	WORKOUT D	WORKOUT B1	WORKOUT C1	
WEEK 11		WORKOUT B2 + WORKOUT D	WORKOUT A1	WORKOUT C2 + WORKOUT D	WORKOUT B1	WORKOUT A2 + WORKOUT D	
WEEK 12		WORKOUT B2 + WORKOUT D	WORKOUT C1	WORKOUT C2 + WORKOUT D	WORKOUT C1	WORKOUT A2 + WORKOUT D	

Calishredics Advanced 12 Week Shred
Advance: 55+ Pushups 17+ Pullups

Sat-Sun: Rest/Stretch/Active Recovery

8-12%+ BF (MEN)
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