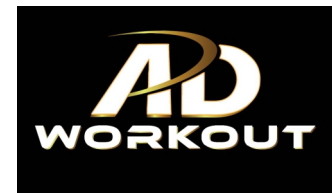


CALISHREDICS BEGINNER



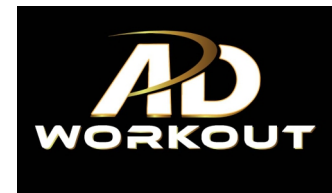
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 01		WORKOUT A1		WORKOUT B2		WORKOUT C1	
WEEK 02		WORKOUT A1		WORKOUT B1 + WORKOUT D		WORKOUT C1	
WEEK 03		WORKOUT A1		WORKOUT B2		WORKOUT C1	
WEEK 04		WORKOUT A2		WORKOUT B1 + WORKOUT D		WORKOUT C1	
WEEK 05		WORKOUT C2		WORKOUT A1		WORKOUT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

Calishredics Beginner 12 Week Shred
 Beginner: <20 Pushups <10 Pullups

Sat-Sun: Rest/Stretch/Active Recovery

15%+ BF (MEN)
 25%+ BF (WOMAN)

CALISHREDICS BEGINNER



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

Calishredics Beginner 12 Week Shred

Beginner: <20 Pushups <10 Pullups

15%+ BF (MEN)

25%+ BF (WOMAN)

Sat-Sun: Rest/Stretch/Active Recovery