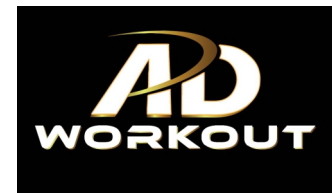


# CALISHREDICS INTERMEDIATE



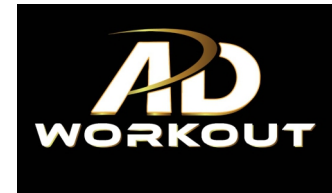
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 01		WORKOUT A1		WORKOUT B1 + WORKOUT D		WORKOUT C1	
WEEK 02		WORKOUT A2		WORKOUT B1 + WORKOUT D		WORKOUT C2	
WEEK 03		WORKOUT A2		WORKOUT B2		WORKOUT C2	
WEEK 04		WORKOUT B2	WORKOUT C1	WORKOUT D		WORKOUT C2	
WEEK 05		WORKOUT C2	WORKOUT C1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

Calishredics Intermediate 12 Week Shred  
 Intermediate: 30-45 Pushups 8-15 Pullups OR

12-15% BF (MEN)  
 18-23% BF (WOMAN)

Sat-Sun: Rest/Stretch/Active Recovery

# CALISHREDICS INTERMEDIATE



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

Calishredics Intermediate 12 Week Shred  
 Intermediate: 30-45 Pushups 8-15 Pullups OR

12-15% BF (MEN)  
 18-23% BF (WOMAN)

Sat-Sun: Rest/Stretch/Active Recovery