

Phase 1 - Foundation (3 to 6 weeks)

- Day 1: X2 Core
- Day 2: Plyocide
- Day 3: Rest OR X2 Recovery + Mobility
- Day 4: X2 Total Body & X2 Ab Ripper
- Day 5: X2 Yoga
- Day 6: X2 Balance + Power
- Day 7: Rest OR X2 Recovery + Mobility



Phase 2 - Strength (3 to 6 weeks)

- Day 1: Chest + Back + Balance & X2 Ab Ripper
- Day 2: Plyocide
- Day 3: Rest or X2 Recovery + Mobility
- Day 4: X2 Shoulders + Arms & X2 Ab Ripper
- Day 5: X2 Yoga
- Day 6: Base + Back & X2 Ab Ripper
- Day 7: Rest or X2 Recovery + Mobility



Phase 3 - Performance (3 to 4 weeks)

- Day 1: P.A.P. Lower
- Day 2: P.A.P. Upper
- Day 3: X2 Yoga
- Day 4: Rest OR X2 Recovery + Mobility
- Day 5: P.A.P. Lower
- Day 6: P.A.P. Upper
- Day 7: Rest or X2 Recovery + Mobility



Recovery Week

- Day 1: X2 Recovery + Mobility
- Day 2: X2 Yoga
- Day 3: X2 Recovery + Mobility
- Day 4: X2 Yoga
- Day 5: X2 Recovery + Mobility
- Day 6: X2 Yoga
- Day 7: Rest or X2 Recovery + Mobility

