

MONTH 1

WEEK 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fit Test	Plyometric Cardio Circuit	Cardio Power & Resistance	Cardio Recovery	Pure Cardio	Plyometric Cardio Circuit	Rest

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Power & Resistance	Pure Cardio	Cardio Circuit	Cardio Recovery	Cardio Power & Resistance	Pure Cardio & Cardio Abs	Rest

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fit Test	Cardio Circuit	Pure Cardio & Cardio Abs	Cardio Recovery	Cardio Power & Resistance	Plyometric Cardio Circuit	Rest

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pure Cardio & Cardio Abs	Cardio Power & Resistance	Plyometric Cardio Circuit	Cardio Recovery	Pure Cardio & Cardio Abs	Plyometric Cardio Circuit	Rest