

	Monday	Tuesday	Wednesday	Thursday	Double Day Friday	STATurday	Sunday
Week 1	Cardio	Speed 1.0	Total Body Circuit	AB Intervals	Lower Focus Cardio	Record Your STATS!	Stretch
Notes:							
Week 2	Cardio	Total Body Circuit	Speed 1.0	Cardio	Lower Focus AB Intervals	Record Your STATS!	Stretch
Notes:							
Week 3	Total Body Circuit	Speed 1.0	Lower Focus	Cardio	Total Body Circuit AB Intervals	Record Your STATS!	Stretch
Notes:							
Week 4	Cardio	Total Body Circuit	Lower Focus	Total Body Circuit	AB Intervals Speed 1.0	Record Your STATS!	Stretch
Notes:							
Week 5	Total Body Circuit	AB Intervals	Total Body Circuit	Cardio	Total Body Circuit Lower Focus	Record Your STATS!	Stretch
Notes:							

	Monday	Tuesday	Wednesday	Thursday	Double Day Friday	STaturday	Sunday
Week 1	Core Cardio	Speed 2.0	Rip'T Circuit	Dynamic Core	Upper Focus Core Cardio	Record Your STATS!	Stretch
Notes:							
Week 2	Dynamic Core	Core Cardio	Rip'T Circuit	Upper Focus	Rip'T Circuit Speed 2.0	Record Your STATS!	Stretch
Notes:							
Week 3	Core Cardio	Upper Focus	Speed 2.0	Rip'T Circuit	Dynamic Core Speed 2.0	Record Your STATS!	Stretch
Notes:							
Week 4	Rip'T Circuit	Dynamic Core	Core Cardio	Dynamic Core	Speed 2.0 Upper Focus	Record Your STATS!	Stretch
Notes:							
Week 5	Rip'T Circuit	Core Cardio	Rip'T Circuit	Dynamic Core	Rip'T Circuit Speed 2.0	Record Your STATS!	Stretch
Notes:							

Option 1	Monday	Tuesday	Wednesday	Thursday	Friday	STATuesday	Sunday
Week 1	Speed 3.0	Rip'T Up	Extreme Circuit	The Pyramid	Speed 3.0	Record Your STATS!	Stretch
Notes:							
Week 2	Rip'T Up	Extreme Circuit	Speed 3.0	The Pyramid	Rip'T Up	Record Your STATS!	Stretch
Notes:							
Week 3	The Pyramid	Speed 3.0	Rip'T Up	Extreme Circuit	The Pyramid	Record Your STATS!	Stretch
Notes:							
Week 4	Extreme Circuit	Rip'T Up	Speed 3.0	The Pyramid	Extreme Circuit	Record Your STATS!	Stretch
Notes:							

Option 2	Monday	Tuesday	Wednesday	Thursday	Friday	STaturday	Sunday
Week 1	Speed 3.0	Rip'T Up	Extreme Circuit	The Pyramid	Total Body Circuit Speed 3.0	Record Your STATS!	Stretch
Notes:							
Week 2	The Pyramid	Speed 3.0	Upper Focus	Rip'T Circuit	Extreme Circuit Dynamic Core	Record Your STATS!	Stretch
Notes:							
Week 3	Extreme Circuit	The Pyramid	Rip'T Up	Speed 3.0	Total Body Circuit Upper Focus	Record Your STATS!	Stretch
Notes:							
Week 4	The Pyramid	Speed 3.0	Rip'T Up	Dynamic Core	Upper Focus Extreme Circuit	Record Your STATS!	Stretch
Notes:							