

START DATE: \_\_\_\_\_

FINISH DATE: \_\_\_\_\_

# CORE DE FORCE

## ORIGINAL 30 DAY SCHEDULE

Sorey Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MMA SPEED	DYNAMIC STRENGTH	MMA SPEED	POWER SCULPT	MMA SPEED	DYNAMIC STRENGTH	ACTIVE RECOVERY
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
MMA SHRED + CORE KINETICS	POWER SCULPT	MMA SHRED + CORE KINETICS	DYNAMIC STRENGTH	MMA POWER	POWER SCULPT	ACTIVE RECOVERY
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
MMA SHRED + CORE KINETICS	DYNAMIC STRENGTH + 5 MIN. CORE ON THE FLOOR	MMA POWER + CORE KINETICS	POWER SCULPT + 5 MIN. CORE ON THE FLOOR	MMA PLYO	DYNAMIC STRENGTH + 5 MIN. CORE ON THE FLOOR	ACTIVE RECOVERY
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
MMA PLYO + CORE KINETICS	POWER SCULPT + 5 MIN. CORE ON THE FLOOR	MMA PLYO + CORE KINETICS	DYNAMIC STRENGTH + 5 MIN. CORE ON THE FLOOR	MMA SPEED + CORE KINETICS	MMA SHRED + CORE KINETICS	ACTIVE RECOVERY
DAY 29	DAY 30					
MMA POWER + CORE KINETICS	MMA PLYO + CORE KINETICS					

Need help with your nutrition and fitness? Email us at [thegirls@soreyfitness.com](mailto:thegirls@soreyfitness.com)

For daily support and motivation, follow us at [facebook.com/soreyfitness](https://www.facebook.com/soreyfitness)