

START DATE: _____

FINISH DATE: _____

CORE DE FORCE
ADVANCED SCHEDULE
WITH DELUXE WORKOUTS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
TAKE 'BEFORE' PHOTOS + MEASUREMENTS MMA SPEED	DYNAMIC STRENGTH	MMA SPEED	POWER SCULPT	MMA SHRED	AGILITY STRENGTH	ACTIVE RECOVERY
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
MMA SHRED + CORE KINETICS	AGILITY POWER	MMA KICK BUTT	DYNAMIC STRENGTH	MMA POWER	POWER SCULPT	ACTIVE RECOVERY
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
MMA POWER + CORE KINETICS	AGILITY STRENGTH + 5 MIN. CORE ON THE FLOOR	MMA KICK BUTT + CORE KINETICS	AGILITY POWER + 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 KICK BUTT + CORE KINETICS	AGILITY 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	TAKE 'AFTER' PHOTOS + MEASUREMENTS MMA PYLO + CORE KINETICS					

Need help with your nutrition and fitness? Email us at thegirls@soreyfitness.com

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