

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

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

CORE DE FORCE  
BEACHBODY ON DEMAND HYBRID



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY 1 TAKE 'BEFORE' PHOTOS + MEASUREMENTS MMA SPEED CORE DE FORCE	DAY 2 CARDIO POWER & RESISTANCE INSANITY	DAY 3 MMA SPEED CORE DE FORCE	DAY 4 HALF & HALF JERICHO'S BOD EXCLUSIVES	DAY 5 MMA SHRED CORE DE FORCE	DAY 6 HAMMER POWER THE MASTER'S HAMMER AND CHISEL	DAY 7 ACTIVE RECOVERY CORE DE FORCE
DAY 8 MMA SHRED + CORE KINETICS CORE DE FORCE	DAY 9 TOTAL BODY CIRCUIT FOCUS T25	DAY 10 MMA SHRED + CORE KINETICS CORE DE FORCE	DAY 11 8X8 JOEL'S BOD EXCLUSIVES	DAY 12 MMA POWER CORE DE FORCE	DAY 13 CHISEL AGILITY THE MASTER'S HAMMER AND CHISEL	DAY 14 YOGA FLEX 10-MINUTE TRAINER
DAY 15 MMA POWER CORE DE FORCE + AB RIPPER X P90X	DAY 16 STRENGTH INSANITY: THE ASYLUM	DAY 17 MMA POWER + CORE KINETICS CORE DE FORCE	DAY 18 GRAB BAG: POWER JOELS' BOD EXCLUSIVES	DAY 19 MMA PLYO CORE DE FORCE	DAY 20 AGILITY X P90X3	DAY 21 ACTIVE RECOVERY CORE DE FORCE
DAY 22 MMA PLYO + CORE KINETICS CORE DE FORCE	DAY 23 BACK & 6-PACK INSANITY: THE ASYLUM VOL. 2	DAY 24 MMA PLYO CORE DE FORCE +X2 AD RIPPER P90X2	DAY 25 HALF & HALF HARDER JERICHO'S BOD EXCLUSIVES	DAY 26 MMA SPEED + CORE KINETICS CORE DE FORCE	DAY 27 MMA SHRED + CORE KINETICS CORE DE FORCE	DAY 28 STRETCH FOCUS T25
DAY 29 MMA POWER + CORE KINETICS CORE DE FORCE	DAY 30 TAKE 'AFTER' PHOTOS + MEASUREMENTS MMA PYLO + CORE KINETICS CORE DE FORCE					

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://facebook.com/soreyfitness)