



Foundation Phase	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	X2 Core	Plyocide	Rest or X2 Recovery + Mobility	X2 Total Body & X2 Ab Ripper	X2 Yoga	X2 Balance + Power	Rest or X2 Recovery + Mobility
	X2 Core	Plyocide	Rest or X2 Recovery + Mobility	X2 Total Body & X2 Ab Ripper	X2 Yoga	X2 Balance + Power	Rest or X2 Recovery + Mobility
	X2 Core	Plyocide	Rest or X2 Recovery + Mobility	X2 Total Body & X2 Ab Ripper	X2 Yoga	X2 Balance + Power	Rest or X2 Recovery + Mobility
	X2 Core	Plyocide	Rest or X2 Recovery + Mobility	X2 Total Body & X2 Ab Ripper	X2 Yoga	X2 Balance + Power	Rest or X2 Recovery + Mobility
	X2 Core	Plyocide	Rest or X2 Recovery + Mobility	X2 Total Body & X2 Ab Ripper	X2 Yoga	X2 Balance + Power	Rest or X2 Recovery + Mobility
	X2 Core	Plyocide	Rest or X2 Recovery + Mobility	X2 Total Body & X2 Ab Ripper	X2 Yoga	X2 Balance + Power	Rest or X2 Recovery + Mobility
	X2 Recovery + Mobility	X2 Yoga	X2 Recovery + Mobility	X2 Yoga	X2 Recovery + Mobility	X2 Yoga	Rest or X2 Recovery + Mobility

Strength Phase	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Chest + Back + Balance & X2 Ab Ripper	Plyocide	Rest or X2 Recovery + Mobility	X2 Shoulders + Arms & X2 Ab Ripper	X2 Yoga	Base + Back & X2 Ab Ripper	Rest or X2 Recovery + Mobility
	Chest + Back + Balance & X2 Ab Ripper	Plyocide	Rest or X2 Recovery + Mobility	X2 Shoulders + Arms & X2 Ab Ripper	X2 Yoga	Base + Back & X2 Ab Ripper	Rest or X2 Recovery + Mobility
	Chest + Back + Balance & X2 Ab Ripper	Plyocide	Rest or X2 Recovery + Mobility	X2 Shoulders + Arms & X2 Ab Ripper	X2 Yoga	Base + Back & X2 Ab Ripper	Rest or X2 Recovery + Mobility
	V Sculpt & X2 Ab Ripper	Plyocide	Rest or X2 Recovery + Mobility	X2 Chest + Shoulders + Triceps & X2 Ab Ripper	X2 Yoga	Base + Back & X2 Ab Ripper	Rest or X2 Recovery + Mobility
	V Sculpt & X2 Ab Ripper	Plyocide	Rest or X2 Recovery + Mobility	X2 Chest + Shoulders + Triceps & X2 Ab Ripper	X2 Yoga	Base + Back & X2 Ab Ripper	Rest or X2 Recovery + Mobility
	V Sculpt & X2 Ab Ripper	Plyocide	Rest or X2 Recovery + Mobility	X2 Chest + Shoulders + Triceps & X2 Ab Ripper	X2 Yoga	Base + Back & X2 Ab Ripper	Rest or X2 Recovery + Mobility
	X2 Recovery + Mobility	X2 Yoga	X2 Recovery + Mobility	X2 Yoga	X2 Recovery + Mobility	X2 Yoga	Rest or X2 Recovery + Mobility

Performance	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	P.A.P. Lower	P.A.P. Upper	X2 Yoga	Rest or X2 Recovery + Mobility	P.A.P. Lower	P.A.P. Upper	Rest or X2 Recovery + Mobility
	P.A.P. Lower	P.A.P. Upper	X2 Yoga	Rest or X2 Recovery + Mobility	P.A.P. Lower	P.A.P. Upper	Rest or X2 Recovery + Mobility
	P.A.P. Lower	P.A.P. Upper	X2 Yoga	Rest or X2 Recovery + Mobility	P.A.P. Lower	P.A.P. Upper	Rest or X2 Recovery + Mobility
	P.A.P. Lower	P.A.P. Upper	X2 Yoga	Rest or X2 Recovery + Mobility	P.A.P. Lower	P.A.P. Upper	Rest or X2 Recovery + Mobility
	X2 Recovery + Mobility	X2 Yoga	X2 Recovery + Mobility	X2 Yoga	X2 Recovery + Mobility	X2 Yoga	Rest or X2 Recovery + Mobility