22 MINUTE HARD CORPS

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	CARDIO 1 & CORE 1* AND...PT TEST	RESISTANCE 1	CARDIO 1 & CORE 1*	RESISTANCE 1	CARDIO 2 & CORE 1*	RESISTANCE 1	REST
2	RESISTANCE 2	CARDIO 2 & CORE 1* OR SPECIAL OPS CORE	RESISTANCE 1	CARDIO 1 & CORE 1* OR SPECIAL OPS CORE	RESISTANCE 2	CARDIO 2 & CORE 1*	REST
3	CARDIO 1 & CORE 1*	RESISTANCE 1	CARDIO 2 & CORE 1*	RESISTANCE 2	CARDIO 1 & CORE 1* OR SPECIAL OPS CORE	RESISTANCE 2	REST
4	RESISTANCE 3	CARDIO 2 & CORE 1*	RESISTANCE 1	CARDIO 3 & CORE 1*	RESISTANCE 2 OR SPECIAL OPS RESISTANCE	CARDIO 1 & CORE 1* OR SPECIAL OPS CARDIO	REST
5	RESISTANCE 2	CARDIO 2 & CORE 2* OR SPECIAL OPS CARDIO	RESISTANCE 3	CARDIO 3 & CORE 2*	RESISTANCE 2 OR SPECIAL OPS RESISTANCE	CARDIO 2 & CORE 2* OR SPECIAL OPS CORE	REST
6	RESISTANCE 1	CARDIO 2 & CORE 2* OR SPECIAL OPS CARDIO	RESISTANCE 3	CARDIO 1 & CORE 2*	RESISTANCE 2 OR SPECIAL OPS RESISTANCE	CARDIO 2 & CORE 2* OR SPECIAL OPS CARDIO	REST
7	RESISTANCE 3	CARDIO 1 & CORE 2*	RESISTANCE 1 OR SPECIAL OPS RESISTANCE	CARDIO 3 & CORE 2* OR SPECIAL OPS CARDIO	RESISTANCE 3	CARDIO 3 & CORE 2* OR SPECIAL OPS CORE	REST
8	RESISTANCE 3 OR SPECIAL OPS RESISTANCE	CARDIO 3 & CORE 2	RESISTANCE 2	CARDIO 2 & CORE 2* OR SPECIAL OPS CORE	RESISTANCE 3	CARDIO 3 & CORE 2*	REST
BONUS WEEK	CARDIO 1 CARDIO 2 & CORE 1	RESISTANCE 1 RESISTANCE 3	CARDIO 1 CARDIO 3 & CORE 2	RESISTANCE 2 RESISTANCE 3	CARDIO 2 CARDIO 3 & CORE 2	RESISTANCE 3 RESISTANCE 1	CARDIO 3 CARDIO 1 & CORE 2

* Optional