

ADVANCED

Calendar

WEEK 1	DAY 1 FULL BODY WORKOUT	DAY 2 LOWER BODY BURN	DAY 3 ACTIVE REST DAY	DAY 4 UPPER BODY WORKOUT	DAY 5 CORE WORKOUT	DAY 6 ACTIVE REST DAY	DAY 7 STRETCH & FLEXIBILITY
WEEK 2	DAY 8 FAT BURN HIIT	DAY 9 LEG TONE	DAY 10 CONDITION & RECOVER	DAY 11 BACK & CALVES	DAY 12 ABS & ARMS	DAY 13 ACTIVE REST DAY	DAY 14 MOBILITY
WEEK 3	DAY 15 FULL BODY WORKOUT	DAY 16 LEG DAY	DAY 17 ACTIVE REST DAY	DAY 18 SHOULDERS & BACK	DAY 19 INTENSE ABS	DAY 20 ACTIVE REST DAY	DAY 21 CONDITION & RECOVER
WEEK 4	DAY 22 CARDIO HIIT	DAY 23 QUAD BUILDING	DAY 24 ACTIVE REST DAY	DAY 25 UPPER BODY BUILD	DAY 26 CALVES & INNER THIGHS	DAY 27 ACTIVE REST DAY	DAY 28 CORE CONTROL
WEEK 5	DAY 29 INTENSE HIIT WORKOUT	DAY 30 LOWER BODY WORKOUT	DAY 31 UPPER BODY BUILD	DAY 32 ACTIVE REST DAY	DAY 33 TABATA HIIT	DAY 34 CALVES & BACK	DAY 35 ABS SCULPTER
WEEK 6	DAY 36 FULL BODY BUILD	DAY 37 GLUTES & HAMSTRINGS	DAY 38 ACTIVE REST DAY	DAY 39 PLYOMETRICS	DAY 40 BACK & CALVES	DAY 41 ACTIVE REST DAY	DAY 42 CORE CONTROL
WEEK 7	DAY 43 FAT BURN HIIT	DAY 44 INNER THIGH SCULPT	DAY 45 ACTIVE REST DAY	DAY 46 TABATA HIIT	DAY 47 UPPER BODY RESTISTANCE	DAY 48 ACTIVE REST DAY	DAY 49 OBLIQUES WORKOUT
WEEK 8	DAY 50 FULL BODY BURN	DAY 51 CALVES & HAMSTRINGS	DAY 52 ACTIVE REST DAY	DAY 53 ABS & ARMS	DAY 54 FAT BURN HIIT	DAY 55 CONDITION & RECOVER	DAY 56 SIX PACK ABS
WEEK 9	DAY 57 TABATA HIIT	DAY 58 EXTREME QUADS	DAY 59 ACTIVE REST DAY	DAY 60 FULL BODY WORKOUT	DAY 61 INTENSE CORE	DAY 62 CONDITION & RECOVER	DAY 63 INCREASE FLEXIBILITY
WEEK 10	DAY 64 CARDIO SWEAT	DAY 65 LEG BUILDER	DAY 66 ACTIVE REST DAY	DAY 67 FULL BODY HIIT	DAY 68 CHEST & TRICEPS	DAY 69 ACTIVE REST DAY	DAY 70 ABDOMINALS
WEEK 11	DAY 71 FULL BODY WORKOUT	DAY 72 UPPER BODY BUILD	DAY 73 LEG DAY	DAY 74 ACTIVE REST DAY	DAY 75 BACK & CALVES	DAY 76 INTENSE CORE	DAY 77 MOBILITY
WEEK 12	DAY 78 TABATA HIIT	DAY 79 ULTIMATE LEG DAY	DAY 80 ACTIVE REST DAY	DAY 81 STRONG ARMS	DAY 82 SIX PACK ABS	DAY 83 ACTIVE REST DAY	DAY 84 INCREASE FLEXIBILITY