BEGINNER														
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	
Monday	Diamond Dozen	Energy	Energy	Energy	Energy	Fat Burner	Fat Burner	Energy	Fat Burner	Below the Belt	Below the Belt	Energy	Fat Burner	
												Red Hot Core	Red Hot Core	
Tuesday	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	
Wednesday	Diamond Dozen	Energy	Diamond Dozen	Energy	Energy	Energy	Red Hot Core	Fat Burner	Below the Belt	Fat Burner	Energy	Fat Burner	Below the Belt	
	Energy		Energy					Red Hot Core				Red Hot Core	Red Hot Core	
Thursday	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	
Friday	Energy	Energy	Fat Burner	Fat Burner	Diamond Dozen	Fat Burner	Fat Burner	Below the Belt	Energy	Energy	Fat Burner	Below the Belt	Diamond Cutter	
					Fat Burner				Red Hot Core	Red Hot Core	Red Hot Core			
Saturday	Day Off	Day Off	Day Off	Day Off	Day Off	Optional:	Day Off	Optional:	Day Off	Optional:	Optional:	Optional:	Optional:	
						Sat or Sun		Sat or Sun		Sat or Sun	Sat or Sun	Sat or Sun	Sat or Sun	
Sun	Day Off	Day Off	Day Off	Day Off	Day Off	Energy or	Day Off	Energy or	Day Off	Energy or	Energy or	Energy or	Energy or	
						Fatburner		Fatburner		Fatburner	Fatburner	Fatburner	Fatburner	
INTERMEDIATE														
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	
Monday	Diamond Dozen	Fat Burner	Energy	Energy	Fat Burner	Energy	Fat Burner	Below the Belt	Energy	Fat Burner	Below the Belt	Below the Belt	Fat Burner	
						Red Hot Core			Red Hot Core	Below the Belt			Red Hot Core	
Tuesday	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Below the Belt	Energy	Fat Burner	Below the Belt	Fat Burner OR	Energy or Fat	Below the Belt OR	
							Red Hot Core	Red Hot Core	Red Hot Core	Red Hot Core	Strength Builder	Burner and RHC	Strength Builder	
Wednesday	Energy	Energy	Fat Burner	Diamond Dozen	Diamond Dozen	Below the Belt	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	
				Fat Burner	Fat Burner									
Thursday	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Red Hot Core	Red Hot Core	Below the Belt	Below the Belt	RHC+Energy or	Below the Belt	Below the Belt	
										OR Stand UP	Strength Builder	OR Stand Up	Red Hot Core	
Friday	Energy	Fat Burner	Fat Burner	Below the Belt	Below the Belt	Diamond Cutter	Diamond Cutter	Diamond Cutter	Diamond Cutter	Diamond Cutter	Diamond Cutter	Diamond Cutter	Diamond Cutter OR	
													Double Black Diamond	
Saturday	Day Off	Day Off	Day Off	Optional:	Day Off	Optional:	Day Off	Optional:	Optional:	Optional:	Optional:	Optional:	Optional:	
				Sat or Sun		Sat or Sun		Sat or Sun	Sat or Sun	Sat or Sun	Sat or Sun	Sat or Sun	Sat or Sun	
Sunday	Day Off	Day Off	Day Off	Energy or	Day Off	Energy or	Day Off	Energy or	Energy or	Energy or	Energy or	Energy or	Energy or	
				Fatburner		Fatburner		Fatburner	Fatburner	Fatburner	Fatburner	Fatburner	Fatburner	
ADVANCED														
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	
Monday	Diamond Dozen	Energy	Fatburner	Diamond Dozen	Energy	Fatburner	Stand Up OR	Fatburner OR	Below the Belt	Strength Builder	Below the Belt or	Energy	Fatburner	
	Energy	Red Hot Core		Below the Belt	Red Hot Core	Red Hot Core	Strength Builder	Stand Up + RHC	Red Hot Core	or Fatburner	Stand Up+RHC	Red Hot Core	Red Hot Core	
Tuesday	Fat Burner	Fat Burner	Energy	Fat Burner	Fat Burner	Below the Belt	Fatburner OR	Fat Burner	Diamond Cutter	Diamond Cutter	Diamond Cutter	Diamond Cutter	Diamond Cutter	
			Red Hot Core	Red Hot Core			Strength Builder					or DBL BLK DIA	or DBL BLK DIA	
Wednesday	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Red Hot Core	Red Hot Core	Red Hot Core	Red Hot Core	
Thursday	Energy	Energy	Below the Belt	Energy	Below the Belt	Below the Belt or	Fatburner OR	Below the Belt or	Below the Belt or	Below the Belt	Below the Belt or	Below the Belt	Below the Belt or	
				Red Hot Core	Red Hot Core	Stand Up + RHC	Stand Up + RH	Stand Up + RHC	Strength Builder	OR Stand Up	Strength Builder	OR Stand Up	Strength Builder	
Friday	Fatburner	Below the Belt	Fatburner	Diamond Cutter	Diamond Cutter	Diamond Cutter	Diamond Cutter	Diamond Cutter	Diamond Cutter	Diamond Cutter	Diamond Cutter	Diamond Cutter	Diamond Cutter	
			Red Hot Core							or DBL BLK DIA	or DBL BLK DIA	or DBL BLK DIA	or DBL BLK DIA	
Saturday	Day Off	Day Off	Optional:	Day Off	Optional:	Day Off	Optional:	Optional:	Optional:	Optional:	Optional:	Optional:	Optional:	
			Sat or Sun		Sat or Sun		Sat or Sun	Sat or Sun	Sat or Sun	Sat or Sun	Sat or Sun	Sat or Sun	Sat or Sun	
Sunday	Day Off	Day Off	Energy or	Day Off	Energy or	Day Off	Energy or	Energy or	Energy or	Energy or	Energy or	Energy or	Energy or	
			Fatburner or		Fatburner or		Fatburner or	Fatburner or	Fatburner or	Fatburner or	Fatburner or	Fatburner or	Fatburner or	
			Below the Belt		Below the Belt		Below the Belt	Below the Belt	Below the Belt	Below the Belt	Below the Belt	Below the Belt	Below the Belt	