**22 MINUTE HARD CORPS**

| | |
|---|---|
| Start Date: | |
| BF%: | |
| Weight: | |

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# #GETSOME

22 MINUTE HARD CORPS

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| Week 1 | Cardio 1<br>Core 1 | Resistance 1 | Cardio 1<br>Core 1 | Resistance 1 | Cardio 2<br>Core 1 | Resistance 1 | Rest |
| Week 2 | Resistance 2 | Cardio 2<br>Spec OPS: Core | Resistance 1 | Cardio 1<br>Spec OPS: Core | Resistance 2 | Cardio 2<br>Core 1 | Rest |
| Week 3 | Cardio 1<br>Core 1 | Resistance 1 | Cardio 2<br>Core 1 | Resistance 2 | Cardio 1<br>Spec OPS: Core | Resistance 2 | Rest |
| Week 4 | Resistance 3 | Cardio 2<br>Core 1 | Resistance 1 | Cardio 3<br>Core 1 | Spec OPS: Resistance | Spec OPS: Cardio<br>Core 1 | PT Fit Test |

**BF%:** **Weight:**

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| Week 5 | Resistance 2 | Spec OPS: Cardio<br>Core 2 | Resistance 3 | Cardio 3<br>Core 2 | Spec OPS: Resistance | Cardio 2<br>Spec OPS: Core | Rest |
| Week 6 | Resistance 1 | Cardio 2<br>Spec OPS: Core | Resistance 3 | Cardio 1<br>Core 2 | Spec OPS: Resistance | Spec OPS: Cardio<br>Core 2 | Rest |
| Week 7 | Resistance 3 | Cardio 1<br>Core 2 | Spec OPS: Resistance | Spec OPS: Cardio<br>Core 2 | Resistance 3 | Cardio 3<br>Spec OPS: Core | Rest |
| Week 8 | Spec OPS: Resistance | Cardio 3<br>Core 2 | Resistance 2 | Cardio 2<br>Spec OPS: Core | Resistance 3 | Cardio 3<br>Core 2 | PT Fit Test |
| Hell Week Challenge Option | | | | | | | |
| HELL WEEK | Cardio 1<br>Cardio 2<br>Core 1 | Resistance 1<br>Resistance 3 | Cardio 1<br>Cardio 3<br>Core 2 | Resistance 2<br>Resistance 3 | Cardio 2<br>Cardio 3<br>Core 2 | Resistance 3<br>Resistance 1 | Cardio 3<br>Cardio 1<br>Core 2 |

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