

Round 1



FOUNDATION PHASE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|----------|------------------------|------------------------------|---------|--------------------|------------------------|
| X2 Core | Plyocide | X2 Recovery & Mobility | X2 Total Body & X2 Ab Ripper | X2 Yoga | X2 Balance & Power | X2 Recovery & Mobility |
| X2 Core | Plyocide | X2 Recovery & Mobility | X2 Total Body & X2 Ab Ripper | X2 Yoga | X2 Balance & Power | X2 Recovery & Mobility |
| X2 Core | Plyocide | X2 Recovery & Mobility | X2 Total Body & X2 Ab Ripper | X2 Yoga | X2 Balance & Power | X2 Recovery & Mobility |

STRENGTH PHASE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------|----------|------------------------|--|------------------------|----------------------------|------------------------|
| Chest / Back / Balance & X2 Ab Ripper | Plyocide | X2 Recovery & Mobility | X2 Shoulders / Arms & X2 Ab Ripper | X2 Yoga | Base / Back & X2 Ab Ripper | X2 Recovery & Mobility |
| Chest / Back / Balance & X2 Ab Ripper | Plyocide | X2 Recovery & Mobility | X2 Shoulders / Arms & X2 Ab Ripper | X2 Yoga | Base / Back & X2 Ab Ripper | X2 Recovery & Mobility |
| Chest / Back / Balance & X2 Ab Ripper | Plyocide | X2 Recovery & Mobility | X2 Shoulders / Arms & X2 Ab Ripper | X2 Yoga | Base / Back & X2 Ab Ripper | X2 Recovery & Mobility |
| V Sculpt & X2 Ab Ripper | Plyocide | X2 Recovery & Mobility | X2 Chest / Shoulders / Tris & X2 Ab Ripper | X2 Yoga | Base / Back & X2 Ab Ripper | X2 Recovery & Mobility |
| V Sculpt & X2 Ab Ripper | Plyocide | X2 Recovery & Mobility | X2 Chest / Shoulders / Tris & X2 Ab Ripper | X2 Yoga | Base / Back & X2 Ab Ripper | X2 Recovery & Mobility |
| V Sculpt & X2 Ab Ripper | Plyocide | X2 Recovery & Mobility | X2 Chest / Shoulders / Tris & X2 Ab Ripper | X2 Yoga | Base / Back & X2 Ab Ripper | X2 Recovery & Mobility |
| X2 Recovery & Mobility | X2 Yoga | X2 Recovery & Mobility | X2 Yoga | X2 Recovery & Mobility | X2 Yoga | X2 Recovery & Mobility |

PERFORMANCE PHASE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|-----------|-----------|------------------------|-----------|-----------|------------------------|
| PAP Lower | PAP Upper | X2 Yoga | X2 Recovery & Mobility | PAP Lower | PAP Upper | X2 Recovery & Mobility |
| PAP Lower | PAP Upper | X2 Yoga | X2 Recovery & Mobility | PAP Lower | PAP Upper | X2 Recovery & Mobility |
| PAP Lower | PAP Upper | X2 Yoga | X2 Recovery & Mobility | PAP Lower | PAP Upper | X2 Recovery & Mobility |