

# Round 1



## FOUNDATION PHASE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
X2 Total Body X2 Ab Ripper	Asylum Speed & Agility	Asylum Strength X2 Ab Ripper	Plyocide	X2 Balance & Power X2 Ab Ripper	X2 Yoga	X2 Recovery & Mobility
X2 Total Body X2 Ab Ripper	Asylum Speed & Agility	Asylum Strength X2 Ab Ripper	Plyocide	X2 Balance & Power X2 Ab Ripper	X2 Yoga	X2 Recovery & Mobility
X2 Total Body X2 Ab Ripper	Asylum Speed & Agility	Asylum Strength X2 Ab Ripper	Plyocide	X2 Balance & Power X2 Ab Ripper	X2 Yoga	X2 Recovery & Mobility

## STRENGTH PHASE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
X2 Core	X2 Recovery & Mobility	Asylum Back to Core	X2 Yoga	Asylum Speed & Agility	X2 Recovery & Mobility	Rest
X2 Chest Back & Balance X2 Ab Ripper	Asylum Vertical Plyo	X2 Shoulders & Arms X2 Ab Ripper	Asylum Back to Core	X2 Base & Back X2 Ab Ripper	Cardio	X2 Recovery & Mobility
X2 V-Sculpt X2 Ab Ripper	Asylum Gameday, (Optional: Asylum Overtime)	X2 Chest & Shoulders & Tris X2 Ab Ripper	X2 Yoga	Asylum Speed & Agility	X2 Base & Back X2 Ab Ripper	X2 Recovery & Mobility
X2 Chest Back & Balance X2 Ab Ripper	Asylum Vertical Plyo	X2 Shoulders & Arms X2 Ab Ripper	Asylum Back to Core	X2 Base & Back X2 Ab Ripper	Cardio	X2 Recovery & Mobility
X2 V-Sculpt X2 Ab Ripper	Asylum Gameday, (Optional: Asylum Overtime)	X2 Chest & Shoulders & Tris X2 Ab Ripper	X2 Yoga	Asylum Speed & Agility	X2 Base & Back X2 Ab Ripper	X2 Recovery & Mobility
X2 Chest Back & Balance X2 Ab Ripper	Asylum Vertical Plyo	X2 Shoulders & Arms X2 Ab Ripper	Asylum Back to Core	X2 Base & Back X2 Ab Ripper	Cardio	X2 Recovery & Mobility
X2 Core	X2 Recovery & Mobility	Asylum Back to Core	X2 Yoga	Asylum Speed & Agility	X2 Recovery & Mobility	Rest

## PERFORMANCE PHASE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PAP Lower	Asylum Speed & Agility	PAP Upper	Asylum Vertical Plyo	Asylum Gameday, (Optional: Asylum Overtime)	PAP Upper	X2 Recovery & Mobility
PAP Lower	Asylum Speed & Agility	PAP Upper	Asylum Vertical Plyo	Asylum Gameday, (Optional: Asylum Overtime)	PAP Upper	X2 Recovery & Mobility
PAP Lower	Asylum Speed & Agility	PAP Upper	Asylum Vertical Plyo	Asylum Gameday, (Optional: Asylum Overtime)	PAP Upper	X2 Recovery & Mobility