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| Week 1 | Day: 1 Rest Day | Day: 2 Plyometric Cardio Circuit | Day: 3 Cardio Power & Resistance | Day: 4 Cardio Recovery | Day: 5 Pure Cardio | Day: 6 Plyometric Cardio Circuit | Day: 7 Rest Day |
| Week 2 | Day: 8 Cardio Power & Resistance | Day: 9 Pure Cardio | Day: 10 Plyometric Cardio Circuit | Day: 11 Cardio Recovery | Day: 12 Cardio Power & Resistance | Day: 13 Pure Cardio Cardio Abs | Day: 14 Rest Day |
| Week 3 | Day: 15 Rest Day | Day: 16 Plyometric Cardio Circuit | Day: 17 Pure Cardio Cardio Abs | Day: 18 Cardio Recovery | Day: 19 Cardio Power & Resistance | Day: 20 Plyometric Cardio Circuit | Day: 21 Rest Day |
| Week 4 | Day: 22 Pure Cardio Cardio Abs | Day: 23 Cardio Power & Resistance | Day: 24 Plyometric Cardio Circuit | Day: 25 Cardio Recovery | Day: 26 Pure Cardio Cardio Abs | Day: 27 Plyometric Cardio Circuit | Day: 28 Rest Day |
| Week 5 | Day: 29 Core Cardio & Balance | Day: 30 Core Cardio & Balance | Day: 31 Core Cardio & Balance | Day: 32 Core Cardio & Balance | Day: 33 Core Cardio & Balance | Day: 34 Core Cardio & Balance | Day: 35 Rest Day |
| Week 6 | Day: 36 Max Interval Circuit | Day: 37 Max Interval Plyo | Day: 38 Max Cardio Conditioning | Day: 39 Max Recovery | Day: 40 Max Interval Circuit | Day: 41 Max Interval Plyo | Day: 42 Rest Day |
| Week 7 | Day: 43 Max Cardio Conditioning | Day: 44 Max Interval Circuit | Day: 45 Max Interval Plyo | Day: 46 Max Recovery | Day: 47 Max Cardio Conditioning Cardio Abs | Day: 48 Core Cardio & Balance | Day: 49 Rest Day |
| Week 8 | Day: 50 Max Interval Circuit | Day: 51 Max Interval Plyo | Day: 52 Max Cardio Conditioning Cardio Abs | Day: 53 Max Recovery | Day: 54 Max Interval Circuit | Day: 55 Core Cardio & Balance | Day: 56 Rest Day |
| Week 9 | Day: 57 Max Interval Plyo | Day: 58 Max Cardio Conditioning Cardio Abs | Day: 59 Max Interval Circuit | Day: 60 Core Cardio & Balance | Day: 61 Max Interval Plyo | Day: 62 Max Cardio Conditioning Cardio Abs | Day: 63 Rest Day |