

WEEKS #1 & #2

| <u>DAY</u> | <u>PROGRAM(S)</u> | <u>LEVEL</u> |
|------------|--|---------------|
| 1 | Personal Training: Chest & Triceps The Ab Lab | 1 50% |
| 2 | Kenpo Kardio | Your own Pace |
| 3 | Personal Training: Back & Biceps The Ab Lab | 1 50% |
| 4 | Plyometrics 101 | 1 |
| 5 | Personal Training: Legs & Delts The Ab Lab | 1 50% |
| 6 | Hi-Lo Cardio | 1 |
| 7 | Rest or Hatha Yoga | 1 |

WEEKS #3 & #4

| <u>DAY</u> | <u>PROGRAM(S)</u> | <u>LEVEL</u> |
|------------|--|---------------|
| 1 | Personal Training: Chest & Triceps The Ab Lab | 1 75% |
| 2 | Kenpo Kardio | Your own Pace |
| 3 | Personal Training: Back & Biceps The Ab Lab | 1 75% |
| 4 | Plyometrics 101 | 1 |
| 5 | Personal Training: Legs & Delts The Ab Lab | 1 75% |
| 6 | Hi-Lo Cardio | 1 |
| 7 | Rest or Hatha Yoga | 1 |

WEEK #5

| <u>DAY</u> | <u>PROGRAM(S)</u> | <u>LEVEL</u> |
|------------|-------------------------------|--------------|
| 1 | Bootcamp 360° Core | 2 50-75% |
| 2 | Hip Hop 'n' Drop | Pace |
| 3 | Muscle Pump The Ab Lab | 2 100% |
| 4 | Hi-Lo Cardio | 2 |
| 5 | Step & Strength 360° Core | 2 50-75% |
| 6 | Kenpo Kardio or Cycle Odyssey | 2 |
| 7 | Rest or Soul Fu-Zen | 1-2 |

WEEKS #6 & #7

| <u>DAY</u> | <u>PROGRAM(S)</u> | <u>LEVEL</u> |
|------------|---|--------------|
| 1 | Personal Training: Chest & Triceps 360° Core | 2 75-100% |
| 2 | Hip Hop 'n' Drop | Pace |
| 3 | Personal Training: Back & Biceps The Ab Lab | 2 100% |
| 4 | Plyometrics 101 | 3 |
| 5 | Personal Training: Legs & Delts 360° Core | 2 75-100% |
| 6 | Hi-Lo Cardio | 2 |
| 7 | Rest or Soul Fu-Zen | 1-2 |

WEEKS #8 & #9

| <u>DAY</u> | <u>PROGRAM(S)</u> | <u>LEVEL</u> |
|------------|---|--------------|
| 1 | Personal Training: Chest & Triceps 360° Core | 2 100% |
| 2 | Kenpo Kardio or Cycle Odyssey | Pace |
| 3 | Personal Training: Back & Biceps The Ab Lab | 2 100% |
| 4 | Plyometrics 101 | 3 |
| 5 | Personal Training: Legs & Delts 360° Core | 2 100% |
| 6 | Hi-Lo Cardio | 2 |
| 7 | Rest or Classical Yoga | 1 |

WEEK #10

| <u>DAY</u> | <u>PROGRAM(S)</u> | <u>LEVEL</u> |
|------------|-----------------------------|-----------------------|
| 1 | Jump 'n' Pump The Ab Lab | Your own Pace 100% |
| 2 | Hip Hop 'n' Drop | Pace |
| 3 | BOSU Body Blitz | 2 |
| 4 | Kenpo Kardio | Pace |
| 5 | Ball Bliss | 2 |
| 6 | Hi-Lo Cardio | 2 |
| 7 | Rest or Hatha Yoga | 1-2 |

WEEKS #11 & #12

| <u>DAY</u> | <u>PROGRAM(S)</u> | <u>LEVEL</u> |
|------------|---|--------------|
| 1 | Personal Training: Chest & Triceps 360° Core | 3 100% |
| 2 | Kenpo Kardio or Cycle Odyssey | Pace |
| 3 | Personal Training: Back & Biceps The Ab Lab | 3 100% |
| 4 | Plyometrics 101 | 3 |
| 5 | Personal Training: Legs & Delts 360° Core | 3 100% |
| 6 | Hi-Lo Cardio | 2 |
| 7 | Rest or Classical Yoga | 1-2 |