

total body

## Week 1

DAY	WORKOUT	TIME SPENT	COMPLETE?
1	Xtreme Total Body	40 Minutes	<input type="checkbox"/>
1	Bonus Buns	10 Minutes	<input type="checkbox"/>
2	Xtreme Cardio Kickboxing	40 Minutes	<input type="checkbox"/>
3	Xtreme Lower Body	40 Minutes	<input type="checkbox"/>
3	Bonus Abs	10 Minutes	<input type="checkbox"/>
4	Xtreme Yoga/Strech	40 Minutes	<input type="checkbox"/>
5	Xtreme Cardio Kickboxing	40 Minutes	<input type="checkbox"/>
6	Xtreme Upper Body	40 Minutes	<input type="checkbox"/>
6	Recover Lower Body	20 Minutes	<input type="checkbox"/>
7	Rest or Recovery	0-20 Minutes	<input type="checkbox"/>

Weight Week 1:  Notes:

upper body

## Week 2

DAY	WORKOUT	TIME SPENT	COMPLETE?
8	Xtreme Upper Body	40 Minutes	<input type="checkbox"/>
8	Recovery Upper Body	20 Minutes	<input type="checkbox"/>
9	Xtreme Cardio Kickboxing	40 Minutes	<input type="checkbox"/>
9	Recovery Upper Body	20 Minutes	<input type="checkbox"/>
10	Xtreme Yoga/Stretch	40 Minutes	<input type="checkbox"/>
11	Recovery Upper Body	20 Minutes	<input type="checkbox"/>
12	Xtreme Total Body	40 Minutes	<input type="checkbox"/>
12	Recovery Core	20 Minutes	<input type="checkbox"/>
13	Xtreme Cardio Kickboxing	40 Minutes	<input type="checkbox"/>
13	Recovery Upper Body	20 Minutes	<input type="checkbox"/>
14	Rest	0 Minutes	<input type="checkbox"/>

Weight Week 2:  Notes:

abs

## Week 3

DAY	WORKOUT	TIME SPENT	COMPLETE?
15	Xtreme Cardio Kickboxing	40 Minutes	<input type="checkbox"/>
15	Bonus Abs	10 Minutes	<input type="checkbox"/>
16	Xtreme Core	40 Minutes	<input type="checkbox"/>
16	Xtreme Total Body	40 Minutes	<input type="checkbox"/>
17	Xtreme Yoga Stretch	40 Minutes	<input type="checkbox"/>
18	Xtreme Cardio Kickboxing	40 Minutes	<input type="checkbox"/>
18	Bonus Buns	10 Minutes	<input type="checkbox"/>
18	Bonus Abs	10 Minutes	<input type="checkbox"/>
19	Xtreme Cardio Kickboxing	40 Minutes	<input type="checkbox"/>
19	Recovery Core	20 Minutes	<input type="checkbox"/>
20	Xtreme Cardio Kickboxing	40 Minutes	<input type="checkbox"/>
20	Bonus Abs	10 Minutes	<input type="checkbox"/>
21	Xtreme Total Body	40 Minutes	<input type="checkbox"/>

Weight Week 3:  Notes:

lower body

## Week 4

DAY	WORKOUT	TIME SPENT	COMPLETE?
22	Xtreme Lower Body	40 Minutes	<input type="checkbox"/>
22	Recovery Lower Body	20 Minutes	<input type="checkbox"/>
23	Xtreme Lower Body	40 Minutes	<input type="checkbox"/>
23	Recovery Lower Body	20 Minutes	<input type="checkbox"/>
23	Bonus Abs	10 Minutes	<input type="checkbox"/>
24	Xtreme Cardio Kickboxing	40 Minutes	<input type="checkbox"/>
25	Xtreme Total Body	40 Minutes	<input type="checkbox"/>
25	Xtreme Yoga Stretch	40 Minutes	<input type="checkbox"/>
26	Xtreme Cardio Kickboxing	40 Minutes	<input type="checkbox"/>
26	Recovery Lower Body	20 Minutes	<input type="checkbox"/>
27	Xtreme Core	40 Minutes	<input type="checkbox"/>
27	Recovery Lower Body	20 Minutes	<input type="checkbox"/>
28	Xtreme Cardio Kickboxing	40 Minutes	<input type="checkbox"/>

Weight Week 4:  Notes: