



Segment 1

Segment 2

Segment 3

Segment 4

Weeks (1-3)

Weeks (4-6)

Weeks (7-9)

Weeks (Final 3)

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Power Punch

Cardio Cross Train & Ab Assassin

Power Pull

Cardio Cross Train & Ultimate Stretch Flex

Shark Attack

Power Punch or Power Pull

Rest

Plyo Shred

Cardio Cross Train & Ab Assassin

Fat Fighter

Cardio Cross Train & Ultimate Stretch Flex

Shark Attack

Plyo Shred or Fat Fighter

Rest

Striker Strength

Cardio Cross Train & Ab Assassin

Grapple Strength

Cardio Cross Train & Ultimate Stretch Flex

Shark Attack

Striker Strength or Grapple Strength

Rest

Ultimate Fit Challenger

Cardio Cross Train & Ab Assassin

Ultimate Fit Champion

Cardio Cross Train & Ultimate Stretch Flex

Shark Attack

Ultimate Fit Challenger or Champion

Rest

Schedule