

The Anarchy Workout Schedule

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Week 1</i>	Phase 1 Cardio	Anarchy Abs	Phase 1 Strength	Free Flow	Phase 1 Endurance	REST	REST
<i>Week 2</i>	Phase 1 Cardio	Anarchy Abs	Phase 1 Strength	Free Flow	Phase 1 Endurance	REST	REST
<i>Week 3</i>	Phase 1 Cardio	Anarchy Abs	Phase 1 Strength	Free Flow	Phase 1 Endurance	REST	REST
<i>Week 4</i>	Phase 2 Cardio	Anarchy Abs	Phase 2 Strength	Free Flow	Phase 2 Endurance	REST	REST
<i>Week 5</i>	Phase 2 Cardio	Anarchy Abs	Phase 2 Strength	Free Flow	Phase 2 Endurance	REST	REST
<i>Week 6</i>	Phase 2 Cardio	Anarchy Abs	Phase 2 Strength	Free Flow	Phase 2 Endurance	REST	REST