

# WORKOUT CALENDAR

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Week 1:</b> DVD 1	XF	C	XF	C	XF	C	R
<b>Week 2:</b> DVD 2	XF	C	XF	XF	C	XF	R
<b>Week 3:</b> DVD 3	XF	C	XF	C	XF	C	R
<b>Week 4:</b> DVD 4	XF	C	XF	XF	C	XF	R
<b>Week 5:</b> DVD 5	XF	C	XF	C	XF	C	R
<b>Week 6:</b> DVD 6	XF	C	XF	XF	C	XF	R
<b>Week 7:</b> DVD 7	XF	C	XF	C	XF	C	R
<b>Week 8:</b> DVD 8	XF	C	XF	XF	C	XF	R

\* A Cardio Day is something you do that you enjoy that is continuous for 20 + min. (med. Intensity) ex. Jogging, biking, hiking, walking, spinning or dance class, etc

**XF** = X-FACTOR WORKOUT

**C** = CARDIO DAY OR BONUS DVD

**R** = REST DAY

**X-FACTOR:ST**  
BY WEIDER