

MET-Rx 180 Workout Schedule

WEEK 1

Monday: Conditioning 1 & Stretch and Refresh
Tuesday: Cardio Tactics 1
Wednesday: Conditioning 2
Thursday: Conditioning 3 & Stretch and Refresh
Friday: Cardio Tactics 1
Saturday: Kickboxing
Sunday: REST

WEEK 2

Monday: Conditioning 1 & Stretch and Refresh
Tuesday: Cardio Tactics 1 & Stretch and Refresh
Wednesday: Conditioning 2
Thursday: Conditioning 3 & Stretch and Refresh
Friday: Cardio Tactics 1 & Stretch and Refresh
Saturday: Kickboxing
Sunday: REST

WEEK 3

Monday: Conditioning 1 & Stretch and Refresh
Tuesday: Cardio Tactics 1 & Stretch and Refresh
Wednesday: Conditioning 2
Thursday: Conditioning 3 & Stretch and Refresh
Friday: Cardio Tactics 1 & Stretch and Refresh
Saturday: Kickboxing
Sunday: REST

WEEK 4

Monday: Conditioning 1 & Stretch and Refresh
Tuesday: Cardio Tactics 1 & Stretch and Refresh
Wednesday: Conditioning 2
Thursday: Conditioning 3 & Stretch and Refresh
Friday: Cardio Tactics 1 & Stretch and Refresh
Saturday: Kickboxing
Sunday: REST

WEEK 5

Monday: Shaping 1 & Stretch and Refresh
Tuesday: Shaping 2 & Cardio Tactics 1
Wednesday: Shaping 3 & Stretch and Refresh
Thursday: Shaping 4 & Cardio Tactics 1
Friday: Kickboxing & Stretch and Refresh
Saturday: Cardio Tactics 1 & Stretch and Refresh
Sunday: REST

WEEK 6

Monday: Shaping 1 & Stretch and Refresh
Tuesday: Shaping 2 & Cardio Tactics 1
Wednesday: Shaping 3 & Stretch and Refresh
Thursday: Shaping 4 & Cardio Tactics 1
Friday: Kickboxing & Stretch and Refresh
Saturday: Cardio Tactics 1 & Stretch and Refresh
Sunday: REST

WEEK 7

Monday: Shaping 1 & Stretch and Refresh
Tuesday: Shaping 2 & Cardio Tactics 2
Wednesday: Shaping 3 & Stretch and Refresh
Thursday: Shaping 4 & Cardio Tactics 2
Friday: Kickboxing & Stretch and Refresh
Saturday: Cardio Tactics 2 & Stretch and Refresh
Sunday: REST

WEEK 8

Monday: Shaping 1 & Stretch and Refresh
Tuesday: Shaping 2 & Cardio Tactics 2
Wednesday: Shaping 3 & Stretch and Refresh
Thursday: Shaping 4 & Cardio Tactics 2
Friday: Kickboxing & Stretch and Refresh
Saturday: Cardio Tactics 2 & Stretch and Refresh
Sunday: REST

WEEK 9

Monday: Kickboxing & Stretch and Refresh
Tuesday: Definition 3 & Cardio Tactics 1
Wednesday: Definition 4 & Cardio Tactics 2
Thursday: Kickboxing & Advanced Abs & Stretch and Refresh
Friday: Definition 1 & Cardio Tactics 1
Saturday: Definition 2 & Cardio Tactics 2
Sunday: OFF

WEEK 10

Monday: Kickboxing & Stretch and Refresh
Tuesday: Definition 3 & Cardio Tactics 1
Wednesday: Definition 4 & Cardio Tactics 2
Thursday: Kickboxing & Advanced Abs & Stretch and Refresh
Friday: Definition 1 & Cardio Tactics 1
Saturday: Definition 2 & Cardio Tactics 2
Sunday: OFF

WEEK 11

Monday: Kickboxing & Cardio Tactics 2 & Stretch and Refresh
Tuesday: Definition 3 & Cardio Tactics 1
Wednesday: Definition 4 & Cardio Tactics 2
Thursday: Kickboxing & Advanced Abs & Stretch and Refresh
Friday: Definition 1 & Cardio Tactics 1
Saturday: Definition 2 & Cardio Tactics 2
Sunday: OFF

WEEK 12

Monday: Kickboxing & Cardio Tactics 2 & Stretch and Refresh
Tuesday: Definition 3 & Cardio Tactics 1
Wednesday: Definition 4 & Cardio Tactics 2
Thursday: Kickboxing & Advanced Abs & Stretch and Refresh
Friday: Definition 1 & Cardio Tactics 1
Saturday: Definition 2 & Cardio Tactics 2
Sunday: OFF