



### X-TrainFit At Home Training

Training with X-TrainFit At Home ensures maximum variety and versatility in your workouts. Each workout carries a category designation identifying the type of exercise it provides. With the X-TrainFit At Home training program you can mix and match workouts in the same category and build your own custom routine that still follows the particular training calendar or program you are following.

Example: day 15 of the circuit burnout workout calendar reflects the lower body workout should be completed.

The following icon identifies the lower body on the calendar.








You can substitute this workout with any other workout in the X-TrainFit At Home family that is identified with the same icon. You can find more workouts online at [xtrainfit.com](http://xtrainfit.com).



# 90 Day

# Cardio

Day	Workout		Complete?
1	Cardio		
2	Core		
3	Plyo		
4	Rest		
5	Cardio Toning		
6	Upper		
7	Cardio		
8	Lower		
9	Rest		
10	Plyo		
11	Total Body		
12	Cardio Toning		
13	Yoga or Stretch		
14	Rest		
15	Cardio		

Day	Workout		Complete?
16	Core		
17	Plyo		
18	Yoga or Stretch		
19	Cardio Toning		
20	Upper		
21	Cardio		
22	Lower		
23	Rest		
24	Plyo		
25	Total Body		
26	Cardio Toning		
27	Core		
28	Cardio		
29	Yoga or Stretch		
30	Cardio Toning		

Day	Workout		Complete?
31	Rest		
32	Cardio		
33	Total Body		
34	Plyo		
35	Core		
36	Cardio Toning		
37	Upper		
38	Cardio		
39	Lower		
40	Rest		
41	Plyo		
42	Total Body		
43	Cardio Toning		
44	Yoga or Stretch		
45	Cardio		
46	Core		
47	Rest		
48	Plyo		
49	Yoga or Stretch		
50	Cardio Toning		
51	Upper		
52	Cardio		
53	Lower		
54	Rest		
55	Plyo		
56	Total Body		
57	Cardio Toning		
58	Core		
59	Cardio		
60	Yoga or Stretch		

Day	Workout		Complete?
61	Rest		
62	Plyo		
63	Upper		
64	Cardio Toning		
65	Lower		
66	Core		
67	Cardio		
68	Rest		
69	Yoga or Stretch		
70	Cardio		
71	Total Body		
72	Plyo		
73	Core		
74	Cardio Toning		
75	Yoga or Stretch		
76	Rest		
77	Cardio		
78	Upper		
79	Plyo		
80	Lower		
81	Cardio Toning		
82	Yoga or Stretch		
83	Cardio		
84	Total Body		
85	Rest		
86	Plyo		
87	Core		
88	Cardio Toning		
89	Total Body		
90	Cardio		