



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.

60 Day Toning

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

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

| Day | Workout | Complete? |
|-----|---|-----------|
| 31 | Upper  | |
| 32 | Lower  | |
| 33 | Cardio  | |
| 34 | Rest  | |
| 35 | Core  | |
| 36 | Total Body  | |
| 37 | Yoga or Stretch  | |
| 38 | Plyo  | |
| 39 | Upper  | |
| 40 | Rest  | |
| 41 | Upper  | |
| 42 | Lower  | |
| 43 | Total Body  | |
| 44 | Core  | |
| 45 | Cardio Toning  | |

| Day | Workout | Complete? |
|-----|---|-----------|
| 46 | Yoga or Stretch  | |
| 47 | Rest  | |
| 48 | Total Body  | |
| 49 | Core  | |
| 50 | Lower  | |
| 51 | Upper  | |
| 52 | Cardio  | |
| 53 | Total Body  | |
| 54 | Yoga or Stretch  | |
| 55 | Rest  | |
| 56 | Plyo  | |
| 57 | Total Body  | |
| 58 | Cardio Toning  | |
| 59 | Core  | |
| 60 | Yoga or Stretch  | |