



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.

90 Day X-TrainFit At Home

Day	Workout	Complete?
1	Cardio 	
2	Chest & Back 	
3	Circuit Burnout 	
4	XTF Legs 	
5	Cardio 	
6	XTF Arms 	
7	Hard Core or Stretch 	
8	Cardio 	
9	Chest & Back 	
10	Circuit Burnout 	
11	XTF Legs 	
12	Cardio 	
13	XTF Arms 	
14	Hard Core or Stretch 	
15	Cardio 	

Day	Workout	Complete?
16	Chest & Back 	
17	Circuit Burnout 	
18	XTF Legs 	
19	Cardio 	
20	XTF Arms 	
21	Hard Core or Stretch 	
22	Circuit Burnout 	
23	XTF Legs 	
24	XTF Arms 	
25	Circuit Burnout 	
26	Chest & Back 	
27	Hard Core 	
28	Yoga or Rest 	
29	Circuit Burnout 	
30	XTF Legs 	

Day	Workout	Complete?
31	XTF Arms 	
32	Circuit Burnout 	
33	Chest & Back 	
34	Hard Core 	
35	Yoga or Rest 	
36	Circuit Burnout 	
37	XTF Legs 	
38	XTF Arms 	
39	Circuit Burnout 	
40	Chest & Back 	
41	Hard Core 	
42	Yoga or Rest 	
43	Circuit Burnout 	
44	XTF Legs 	
45	XTF Arms 	
46	Circuit Burnout 	
47	Chest & Back 	
48	Hard Core 	
49	Yoga or Rest 	
50	Circuit Burnout 	
51	XTF Legs 	
52	XTF Arms 	
53	Circuit Burnout 	
54	Chest & Back 	
55	Hard Core 	
56	Yoga or Rest 	
57	Circuit Burnout 	
58	XTF Legs 	
59	XTF Arms 	
60	Circuit Burnout 	

Day	Workout	Complete?
61	Chest & Back 	
62	Hard Core 	
63	Yoga or Rest 	
64	Cardio + Hard Core 	
65	Chest & Back 	
66	Circuit Burnout + Stretch 	
67	XTF Legs 	
68	Cardio + Hard Core 	
69	XTF Arms 	
70	Yoga or Rest 	
71	Chest & Back 	
72	Hard Core 	
73	Yoga or Rest 	
74	Cardio + Hard Core 	
75	Chest & Back 	
76	Circuit Burnout + Stretch 	
77	XTF Legs 	
78	Cardio + Hard Core 	
79	XTF Arms 	
80	Yoga or Rest 	
81	Chest & Back 	
82	Hard Core 	
83	Yoga or Rest 	
84	Cardio + Hard Core 	
85	Chest & Back 	
86	Circuit Burnout + Stretch 	
87	XTF Legs 	
88	Cardio + Hard Core 	
89	XTF Arms 	
90	Yoga or Rest 