

20 Minute Body Program Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Primal Movements	The 4X4 Phase 1	30Hi 30Lo Phase 1	Any BPS + Stretch & Recovery	Primal Movements	Cardio Capoeira	REST
Week 2	Primal Movements	The 4X4 Phase 1	30Hi 30Lo Phase 1	Any BPS + Stretch & Recovery	Primal Movements	Cardio Capoeira	REST
Week 3	Primal Movements	The 4X4 Phase 1	30Hi 30Lo Phase 1	Any BPS + Stretch & Recovery	Primal Movements	Cardio Capoeira	REST
Week 4	Hiit Man Phase 2	The 4X4 Phase 2	30Hi 30Lo Phase 2	Any BPS + Stretch & Recovery	30Hi 30 Lo Phase 2	Cardio Capoeira	REST
Week 5	Hiit Man Phase 2	The 4X4 Phase 2	30Hi 30Lo Phase 2	Any BPS + Stretch & Recovery	30Hi 30 Lo Phase 2	Cardio Capoeira	REST
Week 6	Hiit Man Phase 2	The 4X4 Phase 2	30Hi 30Lo Phase 2	Any BPS + Stretch & Recovery	30Hi 30 Lo Phase 2	Cardio Capoeira	REST
Week 7	The Pyramid	Hiit Man Phase 3	30Hi 30Lo Phase 3	Any BPS + Stretch & Recovery	The Pyramid	Cardio Capoeira	REST
Week 8	The Pyramid	Hiit Man Phase 3	30Hi 30Lo Phase 3	Any BPS + Stretch & Recovery	The Pyramid	Cardio Capoeira	REST
Week 9	The Pyramid	Hiit Man Phase 3	30Hi 30Lo Phase 3	Any BPS + Stretch & Recovery	The Pyramid	Cardio Capoeira	REST