



PROGRAM CALENDAR

PROGRAM I

DAY 1 <input type="checkbox"/> PRIMAL MOVEMENTS	DAY 2 <input type="checkbox"/> THE 4X4	DAY 3 <input type="checkbox"/> 30HI 30LO	DAY 4* <input type="checkbox"/> *Rest or BPS and Stretch & Recovery	DAY 5 <input type="checkbox"/> PRIMAL MOVEMENTS	DAY 6 <input type="checkbox"/> CARDIO CAPOEIRA	DAY 7 <input type="checkbox"/> Rest
DAY 8 <input type="checkbox"/> PRIMAL MOVEMENTS	DAY 9 <input type="checkbox"/> THE 4X4	DAY 10 <input type="checkbox"/> 30HI 30LO	DAY 11* <input type="checkbox"/> *Rest or BPS and Stretch & Recovery	DAY 12 <input type="checkbox"/> PRIMAL MOVEMENTS	DAY 13 <input type="checkbox"/> CARDIO CAPOEIRA	DAY 14 <input type="checkbox"/> Rest
DAY 15 <input type="checkbox"/> PRIMAL MOVEMENTS	DAY 16 <input type="checkbox"/> THE 4X4	DAY 17 <input type="checkbox"/> 30HI 30LO	DAY 18* <input type="checkbox"/> *Rest or BPS and Stretch & Recovery	DAY 19 <input type="checkbox"/> PRIMAL MOVEMENTS	DAY 20 <input type="checkbox"/> CARDIO CAPOEIRA	DAY 21 <input type="checkbox"/> Rest

*Use this as an optional rest day, or if you purchased The Trilogy (Programs I, II, and III) which contains the BPS and Stretch routines, choose a BPS workout and the Stretch & Recovery routine. Otherwise, you may choose a workout of your choice from Program I.

PROGRAM II

DAY 1 <input type="checkbox"/> HIITMAN	DAY 2 <input type="checkbox"/> THE 4X4	DAY 3 <input type="checkbox"/> 30HI 30LO	DAY 4* <input type="checkbox"/> *Rest or BPS and Stretch & Recovery	DAY 5 <input type="checkbox"/> 30HI 30LO	DAY 6 <input type="checkbox"/> **CARDIO CAPOEIRA	DAY 7 <input type="checkbox"/> Rest
DAY 8 <input type="checkbox"/> HIITMAN	DAY 9 <input type="checkbox"/> THE 4X4	DAY 10 <input type="checkbox"/> 30HI 30LO	DAY 11* <input type="checkbox"/> *Rest or BPS and Stretch & Recovery	DAY 12 <input type="checkbox"/> 30HI 30LO	DAY 13 <input type="checkbox"/> **CARDIO CAPOEIRA	DAY 14 <input type="checkbox"/> Rest
DAY 15 <input type="checkbox"/> HIITMAN	DAY 16 <input type="checkbox"/> THE 4X4	DAY 17 <input type="checkbox"/> 30HI 30LO	DAY 18* <input type="checkbox"/> *Rest or BPS and Stretch & Recovery	DAY 19 <input type="checkbox"/> 30HI 30LO	DAY 20 <input type="checkbox"/> **CARDIO CAPOEIRA	DAY 21 <input type="checkbox"/> Rest

*Use this as an optional rest day, or if you purchased The Trilogy (Programs I, II, and III) which contains the BPS and Stretch routines, choose a BPS workout and the Stretch & Recovery routine. Otherwise, you may choose a workout of your choice from Program II.

**If you did not purchase The Trilogy and do not have the Cardio Capoeira DVD, choose a workout of your choice from Program II.

PROGRAM III

DAY 1 <input type="checkbox"/> THE PYRAMID	DAY 2 <input type="checkbox"/> HIITMAN	DAY 3 <input type="checkbox"/> 30HI 30LO	DAY 4* <input type="checkbox"/> *Rest or BPS and Stretch & Recovery	DAY 5 <input type="checkbox"/> THE PYRAMID	DAY 6 <input type="checkbox"/> **CARDIO CAPOEIRA	DAY 7 <input type="checkbox"/> Rest
DAY 8 <input type="checkbox"/> THE PYRAMID	DAY 9 <input type="checkbox"/> HIITMAN	DAY 10 <input type="checkbox"/> 30HI 30LO	DAY 11* <input type="checkbox"/> *Rest or BPS and Stretch & Recovery	DAY 12 <input type="checkbox"/> HIITMAN	DAY 13 <input type="checkbox"/> **CARDIO CAPOEIRA	DAY 14 <input type="checkbox"/> Rest
DAY 15 <input type="checkbox"/> THE PYRAMID	DAY 16 <input type="checkbox"/> HIITMAN	DAY 17 <input type="checkbox"/> 30HI 30LO	DAY 18* <input type="checkbox"/> *Rest or BPS and Stretch & Recovery	DAY 19 <input type="checkbox"/> 30HI 30LO	DAY 20 <input type="checkbox"/> **CARDIO CAPOEIRA	DAY 21 <input type="checkbox"/> Rest

*Use this as an optional rest day, or if you purchased The Trilogy (Programs I, II, and III) which contains the BPS and Stretch routines, choose a BPS workout and the Stretch & Recovery routine. Otherwise, you may choose a workout of your choice from Program III.

**If you did not purchase The Trilogy and do not have the Cardio Capoeira DVD, choose a workout of your choice from Program III.

PROGRESS TRACKER

<input type="radio"/> Day 1: Program I	<input type="radio"/> Day 1: Program II	<input type="radio"/> Day 1: Program III	Results:	BEFORE PHOTO	AFTER PHOTO
Total Inches: _____	Total Inches: _____	Total Inches: _____	Total Inches Lost: _____		
Waist Inches: _____	Waist Inches: _____	Waist Inches: _____	Total Waist Inches Lost: _____		
Weight: _____	Weight: _____	Weight: _____	Total Weight Lost: _____		

