



90 DAY SCHEDULE

	Endurance Builder	WEEK		
		1	2	3
1	Before Picture + Cardio			
2	Definitions			
3	Cardio Max			
4	XTFMAX Legs			
5	Cardio			
6	Long & Lean + Abs			
7	Recovery Day			

	Strength Building	WEEK		
		4	5	6
1	Circuit Burnout			
2	Hard Core			
3	XTFMAX Arms			
4	XTFMAX Legs			
5	Chest & Back			
6	Total Body Blitz			
7	Stretch + Abs			

	Meta-Endurance Stage	WEEK		
		7	8	9
1	Cardio Max			
2	XTFMAX Arms			
3	Hard Core + Stretch			
4	Chest & Back			
5	Long & Lean + Abs			
6	Cardio			
7	Definitions			

	Endurance Stage	WEEK		
		10	11	12
1	Cardio + Abs			
2	Total Body Blitz			
3	Circuit Burnout + Abs			
4	XTFMAX Legs			
5	Cardio Max + Abs			
6	XTFMAX Arms			
7	Long & Lean + Abs			

	Fat Shred	WEEK
		13
1	Cardio + Abs	
2	Total Body Blitz	
3	Circuit Burnout + Abs	
4	XTFMAX Legs	
5	Cardio Max + Abs	
6	XTFMAX Arms	
7	After Picture	