

# 30-DAY DELUXE

GET STARTED	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
TAKE YOUR "BEFORE" PHOTOS AND MEASUREMENTS.	MMA SPEED	DYNAMIC STRENGTH	MMA SPEED	POWER SCULPT	MMA SHRED	AGILITY STRENGTH	ACTIVE RECOVERY
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
MMA SHRED + CORE KINETICS	AGILITY POWER	MMA KICK BUTT	DYNAMIC STRENGTH	MMA POWER	POWER SCULPT	ACTIVE RECOVERY	MMA POWER + CORE KINETICS
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21	DAY 22	DAY 23
AGILITY STRENGTH + 5 MIN. CORE ON THE FLOOR	MMA KICK BUTT + CORE KINETICS	AGILITY POWER + 5 MIN. CORE ON THE FLOOR	MMA PLYO	DYNAMIC STRENGTH + 5 MIN. CORE ON THE FLOOR	ACTIVE RECOVERY	MMA PLYO + CORE KINETICS	POWER SCULPT + 5 MIN. CORE ON THE FLOOR
DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30	DELUXE ROUND
MMA KICK BUTT + CORE KINETICS	AGILITY STRENGTH + 5 MIN. CORE ON THE FLOOR	MMA SPEED + CORE KINETICS	MMA SHRED + CORE KINETICS	ACTIVE RECOVERY	MMA POWER + CORE KINETICS	MMA PLYO + CORE KINETICS	TAKE YOUR "AFTER" PHOTOS AND MEASUREMENTS.

FOLLOW THIS DAILY WORKOUT SCHEDULE FOR YOUR DELUXE ROUND OF CORE DE FORCE™ AND PUT AN **X** THROUGH EVERY WORKOUT YOU COMPLETE.

DO YOUR 5-MINUTE CORE DE FORCE RELIEF ROUTINE BEFORE BED TO HELP RELIEVE TIGHT AND TIRED MUSCLES—AND PREPARE FOR THE NEXT DAY'S WORKOUT.

IF YOU HAVE THE CORE DE FORCE DELUXE KIT, FOLLOW THIS CALENDAR FOR 30 MORE DAYS OF CORE-CARVING SWEAT. TO PURCHASE THE CORE DE FORCE DELUXE KIT, CONTACT YOUR TEAM BEACHBODY COACH® OR GO TO [TEAMBEACHBODY.COM](http://TEAMBEACHBODY.COM) OR [BEACHBODY.COM](http://BEACHBODY.COM).

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