



# XPRESS SYSTEM

## 30 DAY WORKOUT CALENDAR

30 MINUTES A DAY 3 DAYS PER WEEK

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
<b>Power Sports Drills</b> <small>(from Rapid Results Fat Burner)</small> <b>Extreme Intervals</b> <small>(from Rapid Results Fat Burner)</small> <b>Cardio Max</b> <small>(from Rapid Results Fat Burner)</small>	Rest	<b>Pilates Perfect Buns &amp; Thighs</b> <small>(from Pilates Perfect Body)</small> <b>Pilates Perfect Arms</b> <small>(from Pilates Perfect Body)</small> <b>Pilates Perfect Belly</b> <small>(from Pilates Perfect Body)</small>	Rest	Rest	<b>Knockout Body Blast</b> <small>(from Knockout Body)</small> <b>Fat Attack</b> <small>(from Knockout Body)</small> <b>Ultimate Upper Body</b> <small>(from Knockout Body)</small>
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
Rest	<b>Belly Fat Burner</b> <small>(from Best Belly Blasters)</small> <b>Waist Slimmer</b> <small>(from Best Belly Blasters)</small> <b>Bikini Belly</b> <small>(from Best Belly Blasters)</small>	Rest	<b>Hot Body Cardio</b> <small>(from Hot Body Boot Camp)</small> <b>Rock Bottom Sculpt</b> <small>(from Hot Body Boot Camp)</small> <b>Calorie Blasting Drills</b> <small>(from Best Belly Blasters)</small>	Rest	Rest
DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18
<b>Rapid Results Kickboxing</b> <small>(from Rapid Results Fat Burner)</small> <b>Kickbox Cross Train</b> <small>(from Knockout Body)</small> <b>Fierce &amp; Fabulous Abs</b> <small>(from Knockout Body)</small>	Rest	<b>Dancer's Abs</b> <small>(from Best Belly Blasters)</small> <b>Belly Fat Burner</b> <small>(from Best Belly Blasters)</small> <b>Pilates Perfect Abs</b> <small>(from Best Belly Blasters)</small>	Rest	Rest	<b>Low Impact Fat Blaster</b> <small>(from Rapid Results Fat Burner)</small> <b>Ab Assault</b> <small>(from Hot Body Boot Camp)</small> <b>Better Body Stretch</b> <small>(from Hot Body Boot Camp)</small>
DAY 19	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24
Rest	<b>Power Sports Drills</b> <small>(from Rapid Results Fat Burner)</small> <b>Extreme Intervals</b> <small>(from Rapid Results Fat Burner)</small> <b>Cardio Max</b> <small>(from Rapid Results Fat Burner)</small>	Rest	<b>Low Impact Fat Blaster</b> <small>(from Rapid Results Fat Burner)</small> <b>Pilates Perfect Silhouette</b> <small>(from Pilates Perfect Body)</small> <b>Pilates Perfect Stretch</b> <small>(from Pilates Perfect Body)</small>	Rest	Rest
DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
<b>Hot Body Cardio</b> <small>(from Hot Body Boot Camp)</small> <b>Rock Bottom Sculpt</b> <small>(from Hot Body Boot Camp)</small> <b>Calorie Blasting Drills</b> <small>(from Hot Body Boot Camp)</small>	Rest	<b>Fat Attack</b> <small>(from Knockout Body)</small> <b>Ultimate Upper Body</b> <small>(from Knockout Body)</small> <b>Fierce &amp; Fabulous Abs</b> <small>(from Knockout Body)</small>	Rest	Rest	<b>Pilates Perfect Buns &amp; Thighs</b> <small>(from Pilates Perfect Body)</small> <b>Pilates Perfect Arms</b> <small>(from Pilates Perfect Body)</small> <b>Pilates Perfect Belly</b> <small>(from Pilates Perfect Body)</small>

FOLLOW THIS EXPRESS PLAN ALONG WITH THE 30 DAY LEAN EXTREME MEAL PLAN.





# TURBO-CHARGED XPRESS SYSTEM

## 30 DAY WORKOUT CALENDAR

### 6 DAYS PER WEEK

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
<b>Rock Bottom Sculpt</b> (from Hot Body Boot Camp) <b>Calorie Blasting Drills</b> (from Hot Body Boot Camp) <b>Better Body Stretch</b> (from Hot Body Boot Camp)	<b>Low Impact Fat Blaster</b> (from Rapid Results Fat Burner) <b>Cardio Max</b> (from Rapid Results Fat Burner) <b>Six Pack Ab Attack</b> (from Best Belly Blasters) <b>Belly Fat Burner</b> (from Best Belly Blasters) <b>Bikini Belly</b> (from Best Belly Blasters)	<b>Ultimate Upper Body</b> (from Knockout Body) <b>Knockout Body Blast</b> (from Knockout Body) <b>Pilates Perfect Arms</b> (from Pilates Perfect Body) <b>Pilates Perfect Stretch</b> (from Pilates Perfect Body)	<b>Knockout Body Blast</b> (from Knockout Body) <b>Kickbox Cross Train</b> (from Knockout Body) <b>Rock Bottom Sculpt</b> (from Hot Body Boot Camp) <b>Pilates Perfect Buns &amp; Thighs</b> (from Pilates Perfect Body)	<b>Power Sports Drills</b> (from Rapid Results Fat Burner) <b>Extreme Intervals</b> (from Rapid Results Fat Burner) <b>Cardio Max</b> (from Rapid Results Fat Burner)	<b>Pilates Perfect Belly</b> (from Pilates Perfect Body) <b>Pilates Perfect Arms</b> (from Pilates Perfect Body) <b>Pilates Perfect Silhouette</b> (from Pilates Perfect Body) <b>Pilates Perfect Stretch</b> (from Pilates Perfect Body)
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
Rest	<b>Knockout Body Blast</b> (from Knockout Body) <b>Fat Attack</b> (from Knockout Body) <b>Ultimate Upper Body</b> (from Knockout Body) <b>Calorie Blasting Drills</b> (from Hot Body Boot Camp) <b>Hot Body Cardio</b> (from Hot Body Boot Camp)	<b>Low Impact Fat Blaster</b> (from Rapid Results Fat Burner) <b>Belly Fat Burner</b> (from Best Belly Blasters) <b>Dancer's Abs</b> (from Best Belly Blasters)	<b>Rapid Results Kickboxing</b> (from Rapid Results Fat Burner) <b>Power Sports Drills</b> (from Rapid Results Fat Burner) <b>Rock Bottom Sculpt</b> (from Hot Body Boot Camp) <b>Calorie Blasting Drills</b> (from Hot Body Boot Camp) <b>Better Body Stretch</b> (from Hot Body Boot Camp)	<b>Bikini Belly</b> (from Best Belly Blasters) <b>Pilates Perfect Abs</b> (from Best Belly Blasters) <b>Pilates Perfect Arms</b> (from Pilates Perfect Body) <b>Pilates Perfect Stretch</b> (from Pilates Perfect Body)	<b>Cardio Max</b> (from Rapid Results Fat Burner) <b>Extreme Intervals</b> (from Rapid Results Fat Burner) <b>Power Sports Drills</b> (from Rapid Results Fat Burner) <b>Hot Body Cardio</b> (from Hot Body Boot Camp) <b>Calorie Blasting Drills</b> (from Hot Body Boot Camp)
DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18
<b>Kickbox Cross Train</b> (from Knockout Body) <b>Knockout Body Blast</b> (from Knockout Body) <b>Fat Attack</b> (from Knockout Body) <b>Pilates Perfect Silhouette</b> (from Pilates Perfect Body) <b>Pilates Perfect Buns &amp; Thighs</b> (from Pilates Perfect Body)	Rest	<b>Calorie Blasting Drills</b> (from Hot Body Boot Camp) <b>Ab Assault</b> (from Hot Body Boot Camp) <b>Rock Bottom Sculpt</b> (from Hot Body Boot Camp) <b>Fat Attack</b> (from Knockout Body) <b>Fierce &amp; Fabulous Abs</b> (from Knockout Body)	<b>Ultimate Upper Body</b> (from Knockout Body) <b>Pilates Perfect Arms</b> (from Pilates Perfect Body) <b>Pilates Perfect Stretch</b> (from Pilates Perfect Body)	<b>Low Impact Fat Blaster</b> (from Rapid Results Fat Burner) <b>Extreme Intervals</b> (from Rapid Results Fat Burner) <b>Belly Fat Burner</b> (from Best Belly Blasters) <b>Waist Slimmer</b> (from Best Belly Blasters)	<b>Rapid Results Kickboxing</b> (from Rapid Results Fat Burner) <b>Power Sports Drills</b> (from Rapid Results Fat Burner) <b>Pilates Perfect Silhouette</b> (from Pilates Perfect Body) <b>Pilates Perfect Buns &amp; Thighs</b> (from Pilates Perfect Body) <b>Pilates Perfect Stretch</b> (from Pilates Perfect Body)
DAY 19	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24
<b>Ultimate Upper Body</b> (from Knockout Body) <b>Fat Attack</b> (from Knockout Body) <b>Belly Fat Burner</b> (from Best Belly Blasters) <b>Six Pack Ab Attack</b> (from Best Belly Blasters)	<b>Hot Body Cardio</b> (from Hot Body Boot Camp) <b>Calorie Blasting Drills</b> (from Hot Body Boot Camp) <b>Rock Bottom Sculpt</b> (from Hot Body Boot Camp) <b>Better Body Stretch</b> (from Hot Body Boot Camp)	Rest	<b>Cardio Max</b> (from Rapid Results Fat Burner) <b>Power Sports Drills</b> (from Rapid Results Fat Burner) <b>Low Impact Fat Blaster</b> (from Rapid Results Fat Burner) <b>Pilates Perfect Arms</b> (from Pilates Perfect Body) <b>Pilates Perfect Belly</b> (from Pilates Perfect Body)	<b>Kickbox Cross Train</b> (from Knockout Body) <b>Knockout Body Blast</b> (from Knockout Body) <b>Fat Attack</b> (from Knockout Body) <b>Rapid Results Kickboxing</b> (from Rapid Results Fat Burner)	<b>Dancer's Abs</b> (from Best Belly Blasters) <b>Belly Fat Burner</b> (from Best Belly Blasters) <b>Waist Slimmer</b> (from Best Belly Blasters)
DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
<b>Ultimate Upper Body</b> (from Knockout Body) <b>Fat Attack</b> (from Knockout Body) <b>Kickbox Cross Train</b> (from Knockout Body) <b>Knockout Body Blast</b> (from Knockout Body)	<b>Rock Bottom Sculpt</b> (from Hot Body Boot Camp) <b>Calorie Blasting Drills</b> (from Hot Body Boot Camp) <b>Ab Assault</b> (from Hot Body Boot Camp) <b>Pilates Perfect Buns &amp; Thighs</b> (from Pilates Perfect Body) <b>Pilates Perfect Stretch</b> (from Pilates Perfect Body)	<b>Power Sports Drills</b> (from Rapid Results Fat Burner) <b>Extreme Intervals</b> (from Rapid Results Fat Burner) <b>Cardio Max</b> (from Rapid Results Fat Burner) <b>Rapid Results Kickboxing</b> (from Rapid Results Fat Burner)	Rest	<b>Ultimate Upper Body</b> (from Knockout Body) <b>Fat Attack</b> (from Knockout Body) <b>Fierce &amp; Fabulous Abs</b> (from Knockout Body) <b>Belly Fat Burner</b> (from Best Belly Blasters) <b>Pilates Perfect Abs</b> (from Pilates Perfect Body)	<b>Low Impact Fat Blaster</b> (from Rapid Results Fat Burner) <b>Cardio Max</b> (from Rapid Results Fat Burner) <b>Pilates Perfect Buns &amp; Thighs</b> (from Pilates Perfect Body) <b>Pilates Perfect Stretch</b> (from Pilates Perfect Body)

IF YOUR MOTIVATION LEVEL IS SUPER HIGH AND YOU HAVE TIME TO COMMIT TO 6 DAYS PER WEEK, FOLLOW THIS TURBO-CHARGED PLAN ALONG WITH THE 30 DAY LEAN EXTREME MEAL PLAN.