

TurboFire / Les Mills Pump Hybrid

Week 1

Monday – Pump Challenge, Fire 30
Tuesday – Fire 45 EZ & Abs 10
Wednesday – Pump Challenge
Thursday – Flow & Fire 30
Friday – Pump Challenge, Fire 30
Saturday – Fire 55 EZ
Sunday – Rest

Week 2

Monday – Pump & Burn & HIIT 20
Tuesday – Fire 45
Wednesday – Pump Challenge & Les Mills Abs
Thursday – Flow & Fire 30
Friday – Pump & Burn & HIIT 15
Saturday – Stretch 40
Sunday – Rest

Week 3

Monday – Fire 45 EZ & Hardcore abs
Tuesday – HIIT 20 & Pump & Burn
Wednesday – Fire 55EZ
Thursday – Pump & Burn & Abs 10
Friday – Flow & HIIT 15
Saturday – Rest
Sunday – Pump & Burn & HIIT 15

Week 4

Monday – Fire 45 EZ & hardcore abs
Tuesday – Pump & Burn & HIIT 20
Wednesday – Rest
Thursday – Pump & Burn & HIIT 20
Friday – Fire 55EZ & Abs 10
Saturday – Pump & Shred & Core 20
Sunday – Rest

Week 5 (Recovery)

Monday – Stretch 40
Tuesday – Flow & Core 20
Wednesday – Stretch 40
Thursday – Flow & Core 20
Friday – Stretch 40
Saturday – Flow & Core 20
Sunday – Rest

Week 6

Monday – Pump Challenge, Fire 30
Tuesday – Fire 45 EZ & Abs 10
Wednesday – Pump Challenge
Thursday – Flow & Fire 30
Friday – Pump Challenge, Fire 30
Saturday – Fire 55 EZ
Sunday – Rest

Week 7

Monday – Pump & Burn & HIIT 25
Tuesday – Fire 45
Wednesday – Pump Challenge & Les Mills Abs
Thursday – Flow & Fire 30
Friday – Pump & Burn & HIIT 20
Saturday – Stretch 40
Sunday – Rest

Week 8

Monday – Fire 45 EZ & Hardcore abs
Tuesday – HIIT 25 & Pump & Burn
Wednesday – Fire 55EZ
Thursday – Pump & Burn & Abs 10
Friday – Flow & HIIT 20
Saturday – Rest
Sunday – Pump & Burn & HIIT 20

Week 9

Monday – Fire 45 EZ & hardcore abs
Tuesday – Pump & Burn & HIIT 25
Wednesday – Rest
Thursday – Pump & Burn & HIIT 25
Friday – Fire 55EZ & Abs 10
Saturday – Pump & Shred & Core 20
Sunday – Rest

Week 10 (Recovery)

Monday – Stretch 40
Tuesday – Flow & Core 20
Wednesday – Stretch 40
Thursday – Flow & Core 20
Friday – Stretch 40
Saturday – Flow & Core 20
Sunday – Rest

Turbofire / P90X Hybrid 1

Week 1

Monday: Chest & Back/ARX
Tuesday: Fire 45 EZ/ Stretch 10
Wednesday: Shoulders & Arms/ARX
Thursday: Yoga X
Friday: Legs & Back/ARX
Saturday: Fire 45/Stretch 10
Sunday: Rest

Week 2

Monday: Chest & Back/ARX
Tuesday: Fire 45 EZ/ Stretch 10
Wednesday: Shoulders & Arms/ARX
Thursday: Yoga X
Friday: Legs & Back/ARX
Saturday: Fire 45/Stretch 10
Sunday: Rest

Week 3

Monday: Chest & Back/ARX
Tuesday: Fire 45 EZ/ Stretch 10
Wednesday: Shoulders & Arms/ARX
Thursday: Yoga X
Friday: Legs & Back/ARX
Saturday: Fire 45/Stretch 10
Sunday: Rest

Week 4

Monday: Cardio X/Stretch 10
Tuesday: HIIT 15/Abs 10 (or Ab Ripper)/Stretch 10
Wednesday: Fire 45 EZ/Stretch 10
Thursday: Yoga X
Friday: HIIT 20/Abs 10 (or Ab Ripper)/Stretch 10
Saturday: Core 20/Stretch 40
Sunday: Rest

Week 5

Monday: Plyo X/Stretch 10
Tuesday: HIIT 20/Abs 10 (or Ab Ripper)/Stretch 10
Wednesday: Fire 45/Stretch 10
Thursday: Core Synergistics
Friday: HIIT 25/Abs 10 (or Ab Ripper)/Stretch 10
Saturday: Fire 55EZ/Stretch 10
Sunday: Rest

Week 6

Monday: Plyo X/Stretch 10
Tuesday: HIIT 20/Abs 10 (or Ab Ripper)/Stretch 10
Wednesday: Fire 45/Stretch 10
Thursday: Core Synergistics
Friday: HIIT 25/Abs 10 (or Ab Ripper)/Stretch 10
Saturday: Fire 55EZ/Stretch 10
Sunday: Rest

Week 7

Monday: Plyo X/Stretch 10
Tuesday: HIIT 25/Abs 10/Stretch 10
Wednesday: Fire 60 (or Fire 45)/Stretch 10
Thursday: Core Synergistics
Friday: HIIT 25/Abs 10/Stretch 10
Saturday: Fire 55EZ/Stretch 10
Sunday: Rest

Week 8

Monday: Back & Biceps/ARX
Tuesday: Fire 45 EZ/Stretch 10
Wednesday: Chest, Shoulders, Triceps/ARX
Thursday: Yoga X
Friday: Legs & Back/ARX
Saturday: Kenpo X
Sunday: Rest

Week 9

Monday: Back & Biceps/ARX
Tuesday: Fire 45/Stretch 10
Wednesday: Chest, Shoulders, Triceps/ARX
Thursday: Yoga X
Friday: Legs & Back/ARX
Saturday: Fire 55 EZ/Stretch 10
Sunday: Rest

Week 10

Monday: Back & Biceps/ARX
Tuesday: Fire 45/Stretch 10
Wednesday: Chest, Shoulders, Triceps/ARX
Thursday: Yoga X
Friday: Legs & Back/ARX
Saturday: Fire 55 EZ/Stretch 10
Sunday: Rest

Week 11

Monday: Fire 60/Stretch 10
Tuesday: Sculpt 30/Core 20
Wednesday: Fire 55 EZ/Stretch 10
Thursday: Yoga X
Friday: Fire 60/Stretch 10
Saturday: Core Synergistics
Sunday: Rest

Week 12

Monday: Fire 60/Stretch 10
Tuesday: Sculpt 30/Core 20
Wednesday: Fire 55 EZ/Stretch 10
Thursday: Yoga X
Friday: Fire 60/Stretch 10
Saturday: Core Synergistics
Sunday: Rest

Turbofire / P90X Hybrid 2

Week 1

Mon: P90X Core Synergistics
Tue: Turbo Fire Fire 45 Class/ HIIT 15
Wed: P90X Shoulders/Arms & Ab Ripper X
Thur: P90X Yoga X
Fri: P90X Legs/Back/Ab Ripper X
Sat: Turbo Fire Fire 55 EZ Class
Sun: Rest Day

Week 2

Mon: Turbo Fire Sculpt 30 Class/HIIT 20 Class
Tue: Turbo Fire Fire 45 Class/Ab Ripper X
Wed: P90X Shoulders/Arms & Turbo Fire Stretch 10
Thur: P90X Yoga X
Fri: P90X Legs/Back & Ab Ripper X
Sat: Turbo Fire Fire 45 EZ Class & Stretch 10
Sun: Rest Day

Week 3

Mon: P90X Legs & Back & Turbo Fire Stretch 10
Tue: Turbo Fire Fire 45 Class & P90X Ab Ripper X
Wed: P90X Shoulders/Arms & Turbo Fire Stretch 10
Thur: Turbo Fire Stretch 40 Class & Core 20 Class
Fri: P90X Legs & Back
Sat: Turbo Fire HIIT 25 Class & Core 20 Class & Stretch 10
Sun: Rest Day

Week 4 - Recovery Week

Mon: P90X Yoga X
Tue: P90X Core Synergistics
Wed: Turbo Fire 45 EZ Class & Stretch 10 Class
Thur: Turbo Fire Stretch 40 Class
Fri: Turbo Fire Fire 45 EZ Class & Stretch 10
Sat: P90X Core Synergistics
Sun: Rest Day

Week 5

Mon: P90X Chest/shoulders/triceps & Ab Ripper X
Tue: Turbo Fire Fire 30 Class & Turbo Fire HIIT 20 Class
Wed: P90X Back/Biceps & Turbo Fire Core 20 Class
Thur: P90X Yoga X
Fri: P90X Legs/Back & Ab Ripper X
Sat: Turbo Fire Fire 45 EZ Class & HIIT 15
Sun: P90X X Stretch

Week 6

Mon: P90X Chest/Shoulders/Triceps & Ab Ripper X
Tue: Turbo Fire Fire 45 Class & HIIT 15
Wed: P90X Back/Biceps & Ab Ripper X
Thur: P90X Yoga X
Fri: P90X Legs/Back & Ab Ripper X
Sat: Turbo Fire 55 EZ Class
Sun: Rest Day

Week 7

Mon: P90X Chest/shoulders/triceps & Ab Ripper X
Tue: Turbo Fire Fire 45 & HIIT 15 & Stretch 10
Wed: P90X Back/Biceps & Turbo Fire Core 20
Thur: P90X Yoga X

Fri: P90X Legs/Back & Ab Ripper X
Sat: Turbo Fire Fire 30 Class & HIIT 15
Sun: Rest Day

Week 8- Recovery Week

Mon: P90X Yoga X
Tue: P90X Core Synergistics
Wed: Turbo Fire 45 EZ Class & Stretch 10 Class
Thur: Turbo Fire Stretch 40 Class
Fri: Turbo Fire Fire 45 EZ Class & Stretch 10
Sat: P90X Core Synergistics
Sun: Rest Day

Week 9

Mon: Turbo Fire Sculpt 30 Class & HIIT 25 Class
Tue: Turbo Fire Fire 55 EZ Class
Wed: P90X Shoulders & Arms & Ab Ripper X
Thur: P90X Yoga X
Fri: P90X Legs/Back& Ab Ripper X
Sat: Turbo Fire Fire 45 EZ Class & HIIT 15
Sun: Rest Day

Week 10

Mon: P90X Chest/shoulders/triceps & Ab Ripper X
Tue: Turbo Fire Fire 45 & HIIT 15
Wed: P90X Back/Biceps & Turbo Fire Core 20
Thur: P90X Yoga X
Fri: P90X Legs/Back & Ab Ripper X
Sat: Turbo Fire Fire 30 Class & HIIT 15
Sun: Rest Day

Week 11

Mon: P90X Core Synergistics
Tue: Turbo Fire Fire 30 Class & HIIT 20 & Stretch 10
Wed: P90X Shoulders & Arms/Ab Ripper X
Thur: Turbo Fire Stretch 40
Fri: P90X Legs/Back& Ab Ripper X
Sat: Turbo Fire Fire 55 EZ
Sun: Rest Day

Week 12

Mon: P90X Chest/shoulders/triceps & Ab Ripper X
Tue: Turbo Fire Fire 45 & HIIT 15
Wed: P90X Back/Biceps & Turbo Fire Core 20
Thur: P90X Yoga X
Fri: P90X Legs/Back & Ab Ripper X
Sat: Turbo Fire Fire 30 Class & HIIT 15
Sun: Rest Day

Week 13 - Recovery Week

Mon: P90X Yoga X
Tue: P90X Core Synergistics
Wed: Turbo Fire 45 EZ Class & Stretch 10 Class
Thur: Turbo Fire Stretch 40 Class
Fri: Turbo Fire Fire 45 EZ Class & Stretch 10
Sat: P90X Core Synergistics
Sun: Rest Day

TurboFire / Brazil Butt Lift Hybrid

Week 1

Monday – Bum Bum
Tuesday – Fire 45 EZ & Abs 10
Wednesday – High & Tight & Leandro's Secret
Thursday – Fire 55 EZ & Stretch 10
Friday – BBL Sculpt
Saturday – Stretch 40 & Core 20
Sunday – Rest

Week 2

Monday – Fire 45 & Stretch 10
Tuesday – Bum Bum & Abs 10
Wednesday – HIIT 15 & Stretch 10
Thursday – High & Tight & Leandro's Secret
Friday – Fire 55 EZ & Stretch 10
Saturday – BBL Sculpt
Sunday – Rest

Week 3

Monday – Bum Bum
Tuesday – HIIT 20 & Abs 10
Wednesday – High & Tight & Leandro's Secret
Thursday – Stretch 40 & Core 20
Friday – Fire 45 & Abs 10
Saturday – HIIT 15 & TF Sculpt 30
Sunday – Rest

Week 4

Monday – Fire 45 EZ & Abs 10
Tuesday – Bum Bum
Wednesday – HIIT 25 & Abs 10
Thursday – High & Tight & Leandro's Secret **
Friday – Stretch 40 & Core 20
Saturday – Cardio Axe & Stretch 10
Sunday – Rest

Week 5 (Recovery)

Monday – Stretch 40
Tuesday – Stretch 40 & Core 20
Wednesday – Stretch 40
Thursday – Stretch 40 & Core 20
Friday – Stretch 40
Saturday – Stretch 40 & Core 20
Sunday – Rest

Week 6

Monday – Bum Bum & Abs 10
Tuesday – Fire 55 EZ
Wednesday – High & Tight & Leandro's Secret
Thursday – HIIT 30 & Stretch 10
Friday – Stretch 40 & Core 20
Saturday – TF Tone 30
Sunday – Rest

Week 7

Monday – Fire 55EZ
Tuesday – Bum Bum & Abs 10
Wednesday – Fire 45EZ
Thursday – High & Tight & Leandro's Secret
Friday – Cardio Axe & Core 20
Saturday – BBL Sculpt
Sunday – Rest

Week 8

Monday – Bum Bum
Tuesday – HIIT 30 & Abs 10
Wednesday – High & Tight & Leandro's Secret
Thursday – Fire 45 & Abs 10
Friday – Fire 55 EZ & Stretch 10
Saturday – Stretch 40 & Core 20
Sunday – Rest

Week 9

Monday – HIIT 30 & Abs 10
Tuesday – Bum Bum
Wednesday – Fire 60 & Abs 10
Thursday – High & Tight & Leandro's Secret
Friday – HIIT 20 & Bum Bum Rapido
Saturday – TF Sculpt & Core 20
Sunday – Rest

Week 10 (Recovery)

Monday – Stretch 40
Tuesday – Stretch 40 & Core 20
Wednesday – Stretch 40
Thursday – Stretch 40 & Core 20
Friday – Stretch 40
Saturday – Stretch 40 & Core 20
Sunday – Rest

TurboFire / ChaLEAN Extreme Hybrid

Week 1

Monday – CE Burn Circuit 1 + Fire 30
Tuesday – Fire 55 EZ + 10min Stretch
Wednesday – CE Burn Circuit 1 + “Stretch 10”
Thursday – Fire 45 EZ + Core 20
Friday – CE Burn Circuit 2 & HIIT 15
Saturday – Fire 45 + CE AB Burner
Sunday – Off

Week 2

Monday – CE Burn Intervals + HIIT 20
Tuesday – Fire 45 EZ class + CE “Extreme Abs”
Wednesday – CE Burn Circuit 2 + “Stretch 10”
Thursday – Fire 30 + 20 min Interval Run + 5 min crunches + 5min Stretch
Friday – CE Burn Circuit 2 & HIIT 15
Saturday – Fire 55 EZ & CE Ab Burner
Sunday – Off

Week 3

Monday – CE Burn Circuit 3 + Fire 30
Tuesday – Fire 55 EZ + 10min Stretch
Wednesday – CE Burn Circuit 3 + “Stretch 10”
Thursday – Fire 45EZ + Core 20
Friday – CE Push Circuit 1 & HIIT 15
Saturday – Fire 45 + CE AB Burner
Sunday – Off

Week 4

Monday – CE Burn Intervals + HIIT 20
Tuesday – Fire 45 EZ + CE “Extreme Abs”
Wednesday – CE Push Circuit 1 + “Stretch 10”
Thursday – Fire 30 + 20 min Interval Run + 5 min crunches + 5min Stretch
Friday – CE Push Circuit 2 & HIIT 15
Saturday – Fire 55 EZ & CE Ab Burner
Sunday – Off

Week 5

Monday – CE Push Circuit 2 + Fire 30 CLASS
Tuesday – Fire 55 EZ + 10min Stretch
Wednesday – CE Push Circuit 3 + “Stretch 10”
Thursday – Fire 45 EZ + Core 20
Friday – CE Push Circuit 3 & HIIT 15
Saturday – Fire 45 + CE AB Burner
Sunday – Off

Week 6

Monday – CE Push Circuit 3 + HIIT 20
Tuesday – Fire 45 EZ + CE “Extreme Abs”
Wednesday – CE Push Circuit 2 + “Stretch 10”
Thursday – Fire 30 + 20 min Interval Run + 5 min crunches + 5min Stretch
Friday – CE Push Circuit 2 & HIIT 15
Saturday – Fire 55 EZ & CE Ab Burner
Sunday – Off

Week 7

Monday – CE Push Circuit 3 + Fire 30 CLASS
Tuesday – Fire 55 EZ + 10min Stretch
Wednesday – CE Lean Circuit 1 + “Stretch 10”
Thursday – Fire 45 EZ + Core 20
Friday – CE Lean Circuit 1 & HIIT 15
Saturday – Fire 45 + CE AB Burner
Sunday – Off

Week 8

Monday – CE Lean Circuit 1 + HIIT 20
Tuesday – Fire 45 EZ + CE “Extreme Abs”
Wednesday – CE Lean Circuit 2 + “Stretch 10”
Thursday – Fire 30 + 20 min Interval Run + 5 min crunches + 5min Stretch
Friday – CE Lean Circuit 2 & HIIT 15
Saturday – Fire 55 EZ Class & CE Ab Burner
Sunday – Off

Week 9

Monday – CE Lean Circuit 3 + HIIT 30
Tuesday – Fire 55 EZ Class + 10min Stretch
Wednesday – CE Lean Circuit 3 + “Stretch 10”
Thursday – Fire 45EZ + Core 20
Friday – CE Lean Circuit 3 & HIIT 15
Saturday – Fire 60 + CE AB Burner
Sunday – Off

Week 10

Monday – CE Lean Circuit 3 + HIIT 30
Tuesday – Fire 45 EZ + CE “Extreme Abs”
Wednesday – CE Lean Circuit 3 + “Stretch 40”
Thursday – Fire 30 + 20 min Interval Run + 5 min crunches + 5min Stretch
Friday – CE Lean Circuit 3 & HIIT 15
Saturday – Fire 60 & CE Ab Burner
Sunday – Off

Week 11

Monday – CE Lean Circuit 3 + Fire 45
Tuesday – Fire 55 EZ + CE “Ab Burner”
Wednesday – CE Lean Circuit 3 + “Stretch 40”
Thursday – Fire 45EZ + Core 20
Friday – CE Lean Circuit 3 & HIIT 15
Saturday – Fire 60 + CE AB Burner
Sunday – Off

Week 12

Monday – CE Lean Circuit 3 + Fire 55
Tuesday – Fire 45 EZ + CE “Extreme Abs”
Wednesday – CE Lean Circuit 3 + “Stretch 40”
Thursday – Fire 30 + 20 min Interval Run + 5 min crunches + 5min Stretch
Friday – CE Lean Circuit 3 & HIIT 15
Saturday – Fire 60 & CE Ab Burner
Sunday – Off

Turbofire / Insanity Hybrid

Week 1

- Day 1. Insanity Fit Test & Insanity Plyometric Cardio circuit
- Day 2. Fire 30 & Stretch 10
- Day 3. Insanity Cardio Power & resistance and Stretch 10
- Day 4. HiiT 15, Insanity Pure Cardio, & Stretch 10
- Day 5. Fire 55 EZ
- Day 6. Insanity Cardio Recovery & Stretch 10
- Day 7. REST DAY

Week 2

- Day 1. Insanity Plyometric Cardio Circuit & Sculpt 30
- Day 2. HiiT 20 & Core 20
- Day 3. Insanity Pure Cardio & Insanity Cardio Abs
- Day 4. Fire 30 & Stretch 10
- Day 5. Insanity Cardio Power & Resistance
- Day 6. Fire 45 & Stretch 10
- Day 7. REST DAY

Week 3

- Day 1. Insanity Pure Cardio & Core 20
- Day 2. HiiT 25 & Tone 30
- Day 3. Insanity Plyometric Cardio Circuit
- Day 4. Fire 55 EZ & Stretch 10
- Day 5. Insanity Cardio Recovery & Stretch 10
- Day 6. Fire 30 & Insanity Cardio Abs
- Day 7. REST DAY

Week 4

- Day 1. Insanity Cardio Power & Resistance and HiiT 15
- Day 2. Fire 45 & Sculpt 30
- Day 3. Insanity Pure Cardio & Stetch 40
- Day 4. HiiT 25 & Core 20
- Day 5. Insanity Plyometric Cardio Circuit & Tone 30
- Day 6. Fire 55 EZ
- Day 7. REST DAY

Week 5: RECOVERY WEEK

- Day 1. Insanity Core Cardio & Balance and Stretch 10
- Day 2. Stretch 40
- Day 3. REST DAY
- Day 4. Fire 55 EZ
- Day 5. Insanity Core cardio & Balance
- Day 6. Stretch 40
- Day 7. REST DAY

Week 6

- Day 1. Fire 30 & Sculpt 30
- Day 2. Insanity Pure Cardio & Insanity Cardio Abs
- Day 3. Insanity Cardio Power & Resistance and HiiT 15
- Day 4. HiiT 20 & Core 20
- Day 5. Insanity Plometric Cardio Circuit & Stretch 10
- Day 6. Fire 45 class & Tone 30
- Day 7. REST DAY

Week 7

- Day 1. Hiit 25 & Insanity Cardio Abs
- Day 2. Insanity Pure Cardio & Stretch 10
- Day 3. HiiT 15 & Sculpt 30
- Day 4. Insanity Cardio Recovery
- Day 5. Fire 30 Class & Core 20 class
- Day 6. Insanity Cardio Power & resistance and HiiT 15
- Day 7. REST DAY

Week 8

- Day 1. Fire 55 EZ & Stretch 10
- Day 2. Insanity Pure Cardio & HiiT 20
- Day 3. HiiT 25 & Sculpt 30
- Day 4. Insanity Plyometric Cardio Circuit & Core 20
- Day 5. Fire 30 & Stretch 10
- Day 6. Insanity Pure Cardio & Insanity Cardio Abs
- Day 7. REST DAY

Week 9

- Day 1. HiiT 25 Class & Insanity Cardio Abs
- Day 2. Insanity Pure Cardio & Tone 30
- Day 3. Insanity Plyometric Cardio Circuit & Hiit 15
- Day 4. Fire 30 class & Core 20 class
- Day 5. Insanity Pure Cardio, Insanity Cardio Abs, & Stretch 10
- Day 6. HiiT 20 & Sculpt 30
- Day 7. Insanity Fit Test & Insanity Cardio recovery

[In Month 2, you can do Insanity month 2 workouts instead of month 1 workouts]

Insanity / ChaLEAN Extreme / TurboFire Hybrid

Week 1

Monday – CE Burn Circuit 1 & Ab Burner
Tuesday – Insanity Plyo Cardio Circuit
Wednesday – CE Burn Circuit 2
Thursday – Fire 45
Friday – CE Burn Circuit 3 & Insanity Cardio Abs
Saturday – HIIT 20
Sunday – Off

Week 2

Monday – CE Burn Circuit 1
Tuesday – Insanity Pure Cardio
Wednesday – CE Burn Circuit 2 & Insanity Cardio Abs
Thursday – Fire 55 EZ
Friday – CE Burn Circuit 3
Saturday – Insanity Plyo Cardio Circuit
Sunday – Off

Week 3

Monday – CE Burn Circuit 1 & Ab Burner
Tuesday – HIIT 25
Wednesday – CE Burn Circuit 2
Thursday – Insanity Pure Cardio
Friday – CE Burn Circuit 2 & Insanity Cardio Abs
Saturday – Insanity Cardio Power and Resistance
Sunday – Off

Week 4

Monday – CE Burn Circuit 1 & Ab Burner
Tuesday – Fire 45
Wednesday – CE Burn Circuit 2
Thursday – Fire 55 EZ
Friday – CE Burn Circuit 3
Saturday – Insanity Pure Cardio & Cardio Abs
Sunday – Off

Week 5 – (Recovery Week)

Monday – CE Recharge
Tuesday – Insanity Core Cardio and Balance
Wednesday – Stretch 40
Thursday – Insanity Core Cardio and Balance
Friday – CE Recharge
Saturday – Insanity Core Cardio and Balance
Sunday – Off

Week 6

Monday – CE Push Circuit 1 & Extreme Abs
Tuesday – Fire 60
Wednesday – CE Push Circuit 2
Thursday – Insanity Max Interval Circuit
Friday – CE Burn Circuit 3 & Insanity Cardio Abs
Saturday – HIIT 20
Sunday – Off

Week 7

Monday – CE Push Circuit 1
Tuesday – Fire 45
Wednesday – CE Push Circuit 2 & Ab Burner
Thursday – Insanity Max Interval Plyo
Friday – CE Push Circuit 3 & Ab Burner
Saturday – Insanity Max Cardio Conditioning
Sunday – Off

Week 8

Monday – CE Push Circuit 1 & Insanity Cardio Abs
Tuesday – HIIT 30
Wednesday – CE Push Circuit 2
Thursday – Insanity Core Cardio and Balance
Friday – CE Push Circuit 3
Saturday – Fire 30 & Core 20
Sunday – Off

Week 9

Monday – CE Push Circuit 1 & Extreme Ab Burner
Tuesday – Insanity Max Interval Plyo
Wednesday – CE Push Circuit 2 & Cardio Abs
Thursday – Fire 55 EZ
Friday – CE Push Circuit 3
Saturday – Insanity Core Cardio and Balance
Sunday – Off

Week 10 – (Recovery Week)

Monday – CE Recharge
Tuesday – Insanity Core Cardio and Balance
Wednesday – Stretch 40
Thursday – Insanity Core Cardio and Balance
Friday – CE Recharge
Saturday – Stretch 40
Sunday – Off

Week 11

Monday- CE Lean Circuit 1
Tuesday- Fire 30
Wednesday- CE Lean Circuit 2
Thursday- Insanity Fast and Furious/Pure Cardio
Friday- CE Lean Circuit 3
Saturday- Stretch 40
Sunday- Rest Day

Week 12

Monday- CE Lean Circuit 1
Tuesday- Stretch 40 and Core 20
Wednesday- CE Lean Circuit 2 & Extreme Abs
Thursday- Insanity Fast and Furious or Pure Cardio
Friday- CE Lean Circuit 3
Saturday- CE Recharge
Sunday- Rest Day

Week 13

Monday- CE Lean Circuit 1
Tuesday- Stretch 40 and Core 20
Wednesday- CE Lean Circuit 2
Thursday- HIIT 30 & Extreme Abs
Friday- CE Lean Circuit 3
Saturday- CE Recharge
Sunday- Rest Day

Week 14

Monday- CE Lean Circuit 1
Tuesday- Stretch 40 and Core 20
Wednesday- CE Lean Circuit 2 & Extreme Abs
Thursday- HIIT 20
Friday- CE Lean Circuit 3
Saturday- CE Recharge
Sunday- Rest Day

P90X /TurboFire / Brazil Butt Lift Hybrid

Week 1

Monday

AM HIIT 15 / Stretch 10

PM P90X Chest, Shoulders & Triceps / Ab Ripper X

Tuesday

Week 1 AM Fire 45 / Stretch 10

PM Brazil Butt Lift High & Tight

Wednesday

AM HIIT 20 / Stretch 10

PM P90X Back & Biceps / Ab Ripper X

Thursday

AM Fire 55 EZ / Stretch 10

PM Brazil Butt Lift Bum Bum

Friday

AM HIIT 25 / Stretch 10

PM P90X Legs & Back

PM Brazil Butt Lift Tummy Tuck

Saturday

AM Fire 45 / Stretch 10

PM Core 20

Sunday

AM P90X Yoga X

Week 2

Monday:

AM HIIT 15 / Stretch 10

PM P90X Chest, Shoulders & Triceps / Ab Ripper X

Tuesday:

AM Fire 45 EZ / Stretch 10

PM Brazil Butt Lift High & Tight

Wednesday

AM HIIT 20 / Stretch 10

PM P90X Back & Biceps / Ab Ripper X

Thursday

AM Fire 30 / Stretch 10

PM Brazil Butt Lift Bum Bum

Friday

AM HIIT 25 / Stretch 10

PM P90X Legs & Back

PM Brazil Butt Lift Tummy Tuck

Saturday

AM Fire 55 EZ / Stretch 10

PM Core 20

Sunday

AM P90X Yoga X

Week 3-4

Monday

AM HIIT 25 / Stretch 10

PM Stretch 40

Tuesday

AM P90X Core Synergistic

PM Core 20

Wednesday

AM HIIT 15 / Stretch 10

PM P90X Kenpo

Thursday

AM P90X Yoga X

PM Core 20

Friday

AM P90X Core Synergistic

PM Brazil Butt Lift Tummy Tuck

Saturday

AM P90X Stretch X

PM Core 20

Sunday

AM P90X Yoga X

Week 5

Monday

AM HIIT 15 / Stretch 10

PM P90X Chest & Back / Ab Ripper X

Tuesday

Week 5 AM Fire 45 / Stretch 10 / Week 6

PM Brazil Butt Lift High & Tight

Wednesday

AM HIIT 20 / Stretch 10

PM P90X Shoulders & Arms / Ab Ripper X

Thursday

Week 5 AM Fire 55 EZ / Stretch 10

PM Brazil Butt Lift Bum Bum

Friday

AM HIIT 25 / Stretch 10

Week 5 PM P90X Legs & Back

Saturday

Week 5 AM Fire 30 / Stretch 10

PM Core 20

Sunday

AM P90X Yoga X

Week 6

Monday

AM HIIT 15 / Stretch 10

PM P90X Chest & Back / Ab Ripper X

Tuesday

AM Fire 55 EZ / Stretch 10

PM Brazil Butt Lift High & Tight

Wednesday

AM HIIT 20 / Stretch 10

PM P90X Shoulders & Arms / Ab Ripper X

Thursday

AM Fire 30 / Stretch 10

PM Brazil Butt Lift Bum Bum

Friday

AM HIIT 25 / Stretch 10

PM Brazil Butt Lift Tummy Tuck

Saturday

AM Fire 45 / Stretch 10

PM Core 20

Sunday

AM P90X Yoga X

Week 7-8

Monday

AM HIIT 15 / Stretch 10

PM P90X Chest, Shoulders & Triceps / Ab Ripper X

Tuesday

AM Fire 45 EZ / Stretch 10

PM Brazil Butt Lift High & Tight

Wednesday

AM HIIT 20 / Stretch 10

PM P90X Back & Biceps / Ab Ripper X

Thursday

AM Fire 55 EZ / Stretch 10

PM Brazil Butt Lift Bum Bum

Friday

AM HIIT 25 / Stretch 10

PM P90X Legs & Back /

Saturday

AM Fire 45 / Stretch 10

PM Core 20

Sunday

AM P90X Yoga X

Week 9-10

Monday

AM HIIT 15 / Stretch 10

PM P90X Chest, Shoulders & Triceps / Ab Ripper X

Tuesday

AM Fire 55 EZ / Stretch 10

PM Brazil Butt Lift High & Tight

Wednesday

AM HIIT 20 / Stretch 10

PM P90X Back & Biceps / Ab Ripper X

Thursday

AM Fire 45 / Stretch 10

PM Brazil Butt Lift Bum Bum

Friday

AM HIIT 25 / Stretch 10

PM Brazil Butt Lift Tummy Tuck

Saturday

AM Fire 30 / Stretch 10

PM Core 20

Sunday

AM P90X Yoga X

Week 11-13

Monday

AM HIIT 20 / Stretch 10

PM Stretch 40

Tuesday

AM P90X Core Synergistic

PM Core 20

Wednesday

AM HIIT 15 / Stretch 10

PM P90X Kenpo

Thursday

AM P90X Yoga X

PM Core 20

Friday

AM P90X Core Synergistic

PM Brazil Butt Lift Tummy Tuck

Saturday

AM P90X Yoga X

Sunday- Rest

ChaLEAN Extreme Turbofire Brazil Butt Lift Hybrid

Week 1

Monday:

AM HIIT 15 / Stretch 10
PM CE Burn 1 / Abs 10

Tuesday:

Week 1 AM Fire 45 / Stretch 10
PM Brazil Butt Lift High & Tight

Wednesday

AM HIIT 20 / Stretch 10
PM CE Burn 2 / Ab Burner

Thursday

Week 1 AM Fire 55 EZ / Stretch 10
PM Brazil Butt Lift Bum Bum

Friday

AM HIIT 25 / Stretch 10
PM CE Burn 3
PM Brazil Butt Lift Tummy Tuck

Saturday

Week 1 AM Fire 45 / Stretch 10
PM Core 20

Sunday

AM Stretch 40

Week 2

Monday:

AM HIIT 15 / Stretch 10
PM CE Burn 1 / Abs 10

Tuesday:

AM Fire 45 EZ / Stretch 10
PM Brazil Butt Lift High & Tight

Wednesday

AM HIIT 20 / Stretch 10
PM CE Burn 2 / Ab Burner

Thursday

AM Fire 30 / Stretch 10
PM Brazil Butt Lift Bum Bum

Friday

AM HIIT 25 / Stretch 10
PM CE Burn 3
PM Brazil Butt Lift Tummy Tuck

Saturday

AM Fire 55 EZ / Stretch 10
PM Core 20

Sunday

AM Stretch 40

Week 3-4

Monday

AM HIIT 25 / Stretch 10
PM Stretch 40

Tuesday

AM CE Burn Intervals
PM Core 20

Wednesday

AM HIIT 15 / Stretch 10
PM Brazil Butt Lift Bum Bum

Thursday

AM Stretch 40
PM Core 20

Friday

AM CE Burn Intervals
PM Brazil Butt Lift Tummy Tuck

Saturday

AM Stretch 40
PM Core 20

Sunday

AM Stretch 40

Week 5

Monday

AM HIIT 15 / Stretch 10
PM CE PUSH 1 / Extreme Abs

Tuesday

AM Fire 45 / Stretch 10 /
PM Brazil Butt Lift High & Tight

Wednesday

AM HIIT 20 / Stretch 10
PM CE PUSH 2 / Abs 10

Thursday

AM Fire 55 EZ / Stretch 10
PM Brazil Butt Lift Bum Bum

Friday

AM HIIT 25 / Stretch 10
PM CE PUSH 3

Saturday

AM Fire 30 / Stretch 10
PM Core 20

Sunday

AM Stretch 40

Week 6**Monday**

AM HIIT 15 / Stretch 10
 PM CE PUSH 1 / Extreme Abs

Tuesday

AM Fire 55 EZ / Stretch 10
 PM Brazil Butt Lift High & Tight

Wednesday

AM HIIT 20 / Stretch 10
 PM CE PUSH 2 / Abs 10

Thursday

AM Fire 30 / Stretch 10
 PM Brazil Butt Lift Bum Bum

Friday

AM HIIT 25 / Stretch 10
 PM Brazil Butt Lift Tummy Tuck

Saturday

AM Fire 45 / Stretch 10
 PM Core 20

Sunday

AM Stretch 40

Week 7-8**Monday**

AM HIIT 15 / Stretch 10
 PM CE PUSH 1 / Ab Ripper X

Tuesday

Week 7-8 AM Fire 45 EZ / Stretch 10
 PM Brazil Butt Lift High & Tight

Wednesday

AM HIIT 20 / Stretch 10
 PM CE PUSH 2 / Ab Burner

Thursday

AM Fire 55 EZ / Stretch 10
 PM Brazil Butt Lift Bum Bum

Friday

AM HIIT 25 / Stretch 10
 PM CE PUSH 3

Saturday

AM Fire 45 / Stretch 10
 PM Core 20

Sunday

AM Stretch 40

Week 9-10**Monday**

AM HIIT 15 / Stretch 10
 PM CE PUSH 1 / Ab Ripper X

Tuesday

AM Fire 55 EZ / Stretch 10
 PM Brazil Butt Lift High & Tight

Wednesday

AM HIIT 20 / Stretch 10
 PM CE PUSH 2 / Ab Burner

Thursday

AM Fire 45 / Stretch 10
 PM Brazil Butt Lift Bum Bum

Friday

AM HIIT 25 / Stretch 10
 PM Brazil Butt Lift Tummy Tuck

Saturday

AM Fire 30 / Stretch 10
 PM Core 20

Sunday

AM Stretch 40

Week 11-13**Monday**

AM CE LEAN 1
 PM Core 20

Tuesday

AM HIIT 20 / Stretch 10
 PM Stretch 40

Wednesday

AM CE LEAN 2
 PM Brazil Butt Lift Cardio Axe

Thursday

AM Fire 45

Friday

AM CE LEAN 3
 PM Brazil Butt Lift Tummy Tuck

Saturday

AM Stretch 40
 PM Core 20

Sunday- Day Off

Rockin Body TurboFire Hybrid

Week 1

Monday – Mark, Moove, & Groove
Tuesday – Fire 45 EZ & Abs 10
Wednesday – MMG & Party Express
Thursday – Disco Groove & Hard Core Abs
Friday – Fire 55 EZ & Stretch 10
Saturday – Stretch 40 & Core 20
Sunday – Rest

Week 2

Monday – Fire 45 & Stretch 10
Tuesday – Shaun T's Dance Party & Hard Core Abs
Wednesday – HIIT 15 & Party Express
Thursday – Party Express & Booty Time
Friday – Fire 55 EZ & Stretch 10
Saturday – Rock it Out
Sunday – Rest

Week 3

Monday – Shaun T Dance Party
Tuesday – HIIT 20 & Abs 10
Wednesday – Rock it Out
Thursday – Stretch 40 & Hard Core Abs
Friday – Fire 45
Saturday – HIIT 15 & Booty Time
Sunday – Rest

Week 4

Monday – Fire 45 EZ & Abs 10
Tuesday – Party Express & Rock it Out
Wednesday – HIIT 25 & Stretch 10
Thursday – Disco Groove & Hard Core Abs
Friday – Stretch 40 & Core 20
Saturday – Booty Time & Rock it Out
Sunday – Rest

Week 5 (Recovery)

Monday – Stretch 40
Tuesday – Stretch 40 & Hardcore Abs
Wednesday – Stretch 40
Thursday – Stretch 40 & Core 20
Friday – Stretch 40
Saturday – Stretch 40 & Hardcore Abs
Sunday – Rest

Week 6

Monday – Shaun T Dance Party
Tuesday – Fire 55 EZ
Wednesday – Booty Time & Hard Core Abs
Thursday – HIIT 30 & Party Express
Friday – Stretch 40 & Core 20
Saturday – Tone 30
Sunday – Rest

Week 7

Monday – Fire 55EZ
Tuesday – Party Express & Hard Core Abs
Wednesday – Fire 45EZ
Thursday – Shaun T Dance Party
Friday – Rock it Out & Core 20
Saturday – Disco Groove & Booty time
Sunday – Rest

Week 8

Monday – Shaun T Dance Party
Tuesday – HIIT 30 & Abs 10
Wednesday – Party Express & Rock it Out
Thursday – Fire 45 & Abs 10
Friday – Fire 55 EZ & Stretch 10
Saturday – Stretch 40 & Core 20
Sunday – Rest

Week 9

Monday – HIIT 30 & Abs 10
Tuesday – MMG & Party Express
Wednesday – Fire 60 & Abs 10
Thursday – Disco Groove & Hard Core Abs
Friday – HIIT 20 & Party Express
Saturday – TF Sculpt & Core 20
Sunday – Rest

Week 10 (Recovery)

Monday – Stretch 40
Tuesday – Stretch 40 & Core 20
Wednesday – Stretch 40
Thursday – Stretch 40 & Core 20
Friday – Stretch 40
Saturday – Stretch 40 & Core 20
Sunday – Rest

TurboJam /TurboFire Hybrid

Week 1

Monday – Cardio Party
Tuesday – Fire 45 EZ & Abs 10
Wednesday – Totally Tubular Turbo
Thursday – Punch, Kick, and Jam plus Ab Jam
Friday – Fire 55 EZ & Stretch 10
Saturday – Stretch 40 & Core 20
Sunday – Rest

Week 2

Monday – Fire 45 & Stretch 10
Tuesday – Fat Blaster
Wednesday – HIIT 15
Thursday – Cardio Party 2
Friday – Fire 55 EZ & Stretch 10
Saturday – Booty Sculpt
Sunday – Rest

Week 3

Monday – Cardio Party Remix – CPR
Tuesday – HIIT 20 & Abs 10
Wednesday – Cardio Party 3 plus floor ver. of AB Jam
Thursday – Stretch 40 & Hard Core Abs
Friday – Fire 45
Saturday – Booty Sculpt Turbo Jam Live plus Cardio Party Remix
Sunday – Rest

Week 4

Monday – Fire 45 EZ & Abs 10
Tuesday – Punch, Kick & Jam – 1/2 with hand gloves plus standing version of AB Jam
Wednesday – HIIT 25 & Stretch 10
Thursday – Fat Blaster (30 min.)
Friday – Stretch 40 & Core 20
Saturday – Cardio Party 2 Ab Jab Standing and floor
Sunday – Rest

Week 5 (Recovery)

Monday – Stretch 40
Tuesday –Stretch 40 & Hardcore Abs
Wednesday – Stretch 40
Thursday – Stretch 40 & Core 20
Friday – Stretch 40
Saturday – Stretch 40 & Hardcore Abs
Sunday – Rest

Week 6

Monday – CPR -Cardio Party Remix
Tuesday – Fire 55 EZ
Wednesday – Booty Sculpt Punch, Kick, Jam w/gloves
Thursday – HIIT 30
Friday – Stretch 40 & Core 20
Saturday – TF Tone 30
Sunday – Rest

Week 7

Monday – Fire 55EZ
Tuesday – Turbo Sculpt AB Jam floor version
Wednesday – Fire 45EZ
Thursday – . Cardio Party 1
Friday – Cardio Party 3& Core 20
Saturday – HIIT 15 & Lower Body Jam
Sunday – Rest

Week 8

Monday – Cardio Party 1 Turbo Sculpt
Tuesday – HIIT 15 & Fat Blaster
Wednesday – Punch, Kick, Jam w/gloves
Thursday – Fire 45 & Abs 10
Friday – Fire 55 EZ & Stretch 10
Saturday – Stretch 40 & Core 20
Sunday – Rest

Week 9

Monday – HIIT 30 & Abs 10
Tuesday – Booty Sculpt-Live
Wednesday – Fire 60 & Abs 10
Thursday – Fat Blaster 3T-Totally Tubular Turbo
Friday – HIIT 20 & Ab Jam
Saturday – TF Sculpt
Sunday – Rest

Week 10 (Recovery)

Monday – Stretch 40
Tuesday –Stretch 40 & Core 20
Wednesday – Stretch 40
Thursday – Stretch 40 & Core 20
Friday – Stretch 40
Saturday – Stretch 40 & Core 20
Sunday – Rest