



### X-TrainFit At Home Training

Training with X-TrainFit At Home ensures maximum variety and versatility in your workouts. Each workout carries a category designation identifying the type of exercise it provides. With the X-TrainFit At Home training program you can mix and match workouts in the same category and build your own custom routine that still follows the particular training calendar or program you are following.

Example: day 15 of the circuit burnout workout calendar reflects the lower body workout should be completed.

The following icon identifies the lower body on the calendar.























You can substitute this workout with any other workout in the X-TrainFit At Home family that is identified with the same icon. You can find more workouts online at [xtrainfit.com](http://xtrainfit.com).

# 90 Day Toning

Day	Workout		Complete?
1	Core		
2	Upper		
3	Lower		
4	Cardio		
5	Rest		
6	Total Body		
7	Yoga or Stretch		
8	Core		
9	Plyo		
10	Rest		
11	Upper		
12	Lower		
13	Total Body		
14	Core		
15	Cardio Toning		

Day	Workout		Complete?
16	Yoga or Stretch		
17	Rest		
18	Total Body		
19	Core		
20	Lower		
21	Upper		
22	Cardio		
23	Total Body		
24	Yoga or Stretch		
25	Rest		
26	Plyo		
27	Total Body		
28	Cardio Toning		
29	Core		
30	Yoga or Stretch		

Day	Workout		Complete?
31	Upper		
32	Lower		
33	Cardio		
34	Rest		
35	Core		
36	Total Body		
37	Yoga or Stretch		
38	Plyo		
39	Upper		
40	Rest		
41	Upper		
42	Lower		
43	Total Body		
44	Core		
45	Cardio Toning		
46	Yoga or Stretch		
47	Rest		
48	Total Body		
49	Core		
50	Lower		
51	Upper		
52	Cardio		
53	Total Body		
54	Yoga or Stretch		
55	Rest		
56	Plyo		
57	Total Body		
58	Cardio Toning		
59	Core		
60	Yoga or Stretch		

Day	Workout		Complete?
61	Upper		
62	Lower		
63	Cardio		
64	Core		
65	Rest		
66	Total Body		
67	Yoga or Stretch		
68	Cardio Toning		
69	Upper		
70	Lower		
71	Plyo		
72	Rest		
73	Total		
74	Core		
75	Cardio Toning		
76	Yoga or Stretch		
77	Lower		
78	Upper		
79	Cardio		
80	Rest		
81	Total Body		
82	Core		
83	Yoga or Stretch		
84	Plyo		
85	Upper		
86	Lower		
87	Rest		
88	Cardio Toning		
89	Core		
90	Yoga or Stretch		