



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.

30 Day Cardio

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

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