

## XTFMAX Workout Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Cardio	Definitions	Cardio Max	Legs	Cardio	Long & Lean + Abs	REST
Week 2	Cardio	Definitions	Cardio Max	Legs	Cardio	Long & Lean + Abs	REST
Week 3	Cardio	Definitions	Cardio Max	Legs	Cardio	Long & Lean + Abs	REST
Week 4	Circuit Burnout	Hard Core	Arms	Legs	Chest & Back	Total Body Blitz	Stretch + Abs
Week 5	Circuit Burnout	Hard Core	Arms	Legs	Chest & Back	Total Body Blitz	Stretch + Abs
Week 6	Circuit Burnout	Hard Core	Arms	Legs	Chest & Back	Total Body Blitz	Stretch + Abs
Week 7	Cardio Max	Arms	Hard Core + Stretch	Chest & Back	Long & Lean + Abs	Cardio	Definitions
Week 8	Cardio Max	Arms	Hard Core + Stretch	Chest & Back	Long & Lean + Abs	Cardio	Definitions
Week 9	Cardio Max	Arms	Hard Core + Stretch	Chest & Back	Long & Lean + Abs	Cardio	Definitions
Week 10	Cardio + Abs	Total Body Blitz	Circuit Burnout + Abs	Legs	Cardio Max + Abs	Arms	Long & Lean + Abs
Week 11	Cardio + Abs	Total Body Blitz	Circuit Burnout + Abs	Legs	Cardio Max + Abs	Arms	Long & Lean + Abs
Week 12	Cardio + Abs	Total Body Blitz	Circuit Burnout + Abs	Legs	Cardio Max + Abs	Arms	Long & Lean + Abs
Week 13	Circuit Burnout + Abs	Total Body Blitz + Stretch	Cardio Max + Abs	Definitions + Stretch	Cardio + Abs	Hard Core	FINISHED