


mes de más!™ CALENDAR

KICK-START HEALTHY HABITS WITH 3-DAY REFRESH BEFORE YOU BEGIN MES DE MÁS.	 3-DAY REFRESH®		
	DAY ①	DAY ②	DAY ③

All products, flavors, and configurations may not be available in your market.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1						
1 CARDIO 1	2 UPPER BODY 1	3 LOWER BODY 1	4 MOBILITY 1	5 TOTAL BODY 1	6 AGILITY 1	7 REST DAY 1
WEEK 2						
8 TOTAL BODY 2	9 AGILITY 2	10 UPPER BODY 2	11 MOBILITY 2	12 LOWER BODY 2	13 CARDIO 2	14 REST DAY 2
WEEK 3						
15 LOWER BODY 3	16 UPPER BODY 3	17 MOBILITY 3	18 CARDIO 3	19 TOTAL BODY 3	20 AGILITY 3	21 REST DAY 3
WEEK 4						
22 TOTAL BODY 4	23 AGILITY 4	24 MOBILITY 4	25 LOWER BODY 4	26 UPPER BODY 4	27 CARDIO 4	28 REST DAY 4