

Start Date:	
BF%:	
Weight:	



Standard Calendar

Phase 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Cardio Challenge	Tabata Power	Sweat Intervals	Tabata Power	Friday Fight Round 1	Pulse	Rest
	MAX OUT	MAX OUT	MAX OUT	MAX OUT	MAX OUT		
Week 2	Cardio Challenge	Tabata Power	Sweat Intervals	Tabata Power	Friday Fight Round 1	Pulse	Rest
	MAX OUT	MAX OUT	MAX OUT	MAX OUT	MAX OUT		
Week 3	Cardio Challenge	Tabata Power	Sweat Intervals	Tabata Power	Friday Fight Round 1	Pulse	Rest
	MAX OUT	MAX OUT	MAX OUT	MAX OUT	MAX OUT		
Week 4	Cardio Challenge	Tabata Power	Sweat Intervals	Tabata Power	Friday Fight Round 1	Pulse	Rest
	MAX OUT	MAX OUT	MAX OUT	MAX OUT	MAX OUT		





Standard Calendar

Phase 2		BF%:				Weight:	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	MAX OUT Cardio	MAX OUT Power	MAX OUT Sweat	MAX OUT Strength	Friday Fight Round 2	Pulse	Rest
	MAX OUT	MAX OUT	MAX OUT	MAX OUT	MAX OUT		
Week 6	MAX OUT Cardio	MAX OUT Power	MAX OUT SWEAT	MAX OUT Strength	Friday Fight Round 2	Pulse	Rest
	MAX OUT	MAX OUT	MAX OUT	MAX OUT	MAX OUT		
Week 7	MAX OUT Cardio	MAX OUT Power	MAX OUT SWEAT	MAX OUT Strength	Friday Fight Round 2	Pulse	Rest
	MAX OUT	MAX OUT	MAX OUT	MAX OUT	MAX OUT		
Week 8	MAX OUT Cardio	MAX OUT Power	MAX OUT SWEAT	MAX OUT Strength	Friday Fight Round 2	Cardio Challenge	Rest
	MAX OUT	MAX OUT	MAX OUT	MAX OUT	MAX OUT	MAX OUT	