

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Block 1</b>						
<b>Day 1:</b> Total Synergistics	<b>Day 2:</b> Agility X	<b>Day 3:</b> X3 Yoga	<b>Day 4:</b> The Challenge	<b>Day 5:</b> CVX	<b>Day 6:</b> The Warrior	<b>Day 7:</b> Rest or Dynamix
<b>Day 8:</b> Total Synergistics	<b>Day 9:</b> Agility X	<b>Day 10:</b> X3 Yoga	<b>Day 11:</b> The Challenge	<b>Day 12:</b> CVX	<b>Day 13:</b> The Warrior	<b>Day 14:</b> Rest or Dynamix
<b>Day 15:</b> Total Synergistics	<b>Day 16:</b> Agility X	<b>Day 17:</b> X3 Yoga	<b>Day 18:</b> The Challenge	<b>Day 19:</b> CVX	<b>Day 20:</b> The Warrior	<b>Day 21:</b> Rest or Dynamix
<b>Day 22:</b> Isometrix	<b>Day 23:</b> Dynamix	<b>Day 24:</b> Accelerator	<b>Day 25:</b> Pilates X	<b>Day 26:</b> CVX	<b>Day 27:</b> X3 Yoga	<b>Day 28:</b> Rest or Dynamix
<b>Block 2</b>						
<b>Day 29:</b> Eccentric Upper	<b>Day 30:</b> Triometrics	<b>Day 31:</b> X3 Yoga	<b>Day 32:</b> Eccentric Lower	<b>Day 33:</b> Incinerator	<b>Day 34:</b> MMX	<b>Day 35:</b> Rest or Dynamix
<b>Day 36:</b> Eccentric Upper	<b>Day 37:</b> Triometrics	<b>Day 38:</b> X3 Yoga	<b>Day 39:</b> Eccentric Lower	<b>Day 40:</b> Incinerator	<b>Day 41:</b> MMX	<b>Day 42:</b> Rest or Dynamix
<b>Day 43:</b> Eccentric Upper	<b>Day 44:</b> Triometrics	<b>Day 45:</b> X3 Yoga	<b>Day 46:</b> Eccentric Lower	<b>Day 47:</b> Incinerator	<b>Day 48:</b> MMX	<b>Day 49:</b> Rest or Dynamix
<b>Day 50:</b> Isometrix	<b>Day 51:</b> Dynamix	<b>Day 52:</b> Accelerator	<b>Day 53:</b> Pilates X	<b>Day 54:</b> CVX	<b>Day 55:</b> X3 Yoga	<b>Day 56:</b> Rest or Dynamix
<b>Block 3</b>						
<b>Day 57:</b> Decelerator	<b>Day 58:</b> Agility X	<b>Day 59:</b> The Challenge	<b>Day 60:</b> Yoga X	<b>Day 61:</b> Triometrics	<b>Day 62:</b> Total Synergistic	<b>Day 63:</b> Rest or Dynamix
<b>Day 64:</b> Decelerator	<b>Day 65:</b> MMX	<b>Day 66:</b> Eccentric Upper	<b>Day 67:</b> Triometrics	<b>Day 68:</b> Pilates X	<b>Day 69:</b> Eccentric Lower	<b>Day 70:</b> Rest or Dynamix
<b>Day 71:</b> Decelerator	<b>Day 72:</b> Agility X	<b>Day 73:</b> The Challenge	<b>Day 74:</b> Yoga X	<b>Day 75:</b> Triometrics	<b>Day 76:</b> Total Synergistic	<b>Day 77:</b> Rest or Dynamix
<b>Day 78:</b> Decelerator	<b>Day 79:</b> MMX	<b>Day 80:</b> Eccentric Upper	<b>Day 81:</b> Triometrics	<b>Day 82:</b> Pilates X	<b>Day 83:</b> Eccentric Lower	<b>Day 84:</b> Rest or Dynamix
<b>Day 85:</b> Isometrix	<b>Day 86:</b> Dynamix	<b>Day 87:</b> Accelerator	<b>Day 88:</b> Pilates X	<b>Day 89:</b> CVX	<b>Day 90:</b> X3 Yoga	<b>FACT:</b> Your fat ass needs to go again.