

beginner	week 1	week 2	week 3	week 4	week 5	week 6
MONDAY	DIAMOND DOZEN	ENERGY!	ENERGY!	ENERGY!	ENERGY!	FAT BURNER
TUESDAY	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
WEDNESDAY	DIAMOND DOZEN ENERGY!	ENERGY!	DIAMOND DOZEN ENERGY!	ENERGY!	ENERGY!	ENERGY!
THURSDAY	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
FRIDAY	ENERGY!	ENERGY!	FAT BURNER	FAT BURNER	DIAMOND DOZEN FAT BURNER	FAT BURNER
SATURDAY	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	OPTIONAL SAT or SUN ENERGY! or FAT BURNER
SUNDAY	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	

intermediate	week 1	week 2	week 3	week 4	week 5	week 6
MONDAY	DIAMOND DOZEN	FAT BURNER	ENERGY!	ENERGY!	FAT BURNER	ENERGY! RED HOT CORE
TUESDAY	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
WEDNESDAY	ENERGY!	ENERGY!	FAT BURNER	DIAMOND DOZEN FAT BURNER	DIAMOND DOZEN FAT BURNER	BELOW THE BELT
THURSDAY	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
FRIDAY	ENERGY!	FAT BURNER	FAT BURNER	BELOW THE BELT	BELOW THE BELT	DIAMOND CUTTER
SATURDAY	DAY OFF	DAY OFF	DAY OFF	OPTIONAL SAT or SUN ENERGY! or FAT BURNER	DAY OFF	OPTIONAL SAT or SUN ENERGY! or FAT BURNER
SUNDAY	DAY OFF	DAY OFF	DAY OFF		DAY OFF	

advanced	week 1	week 2	week 3	week 4	week 5	week 6
MONDAY	DIAMOND DOZEN ENERGY!	ENERGY! RED HOT CORE	FAT BURNER	DIAMOND DOZEN BELOW THE BELT	ENERGY! RED HOT CORE	FAT BURNER RED HOT CORE
TUESDAY	FAT BURNER	FAT BURNER	ENERGY! RED HOT CORE	FAT BURNER RED HOT CORE	FAT BURNER	BELOW THE BELT
WEDNESDAY	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
THURSDAY	ENERGY!	ENERGY!	BELOW THE BELT	ENERGY! RED HOT CORE	BELOW THE BELT RED HOT CORE	BELOW THE BELT or *STAND UP! RED HOT CORE
FRIDAY	FAT BURNER	BELOW THE BELT	FAT BURNER RED HOT CORE	DIAMOND CUTTER	DIAMOND CUTTER	DIAMOND CUTTER
SATURDAY	DAY OFF	DAY OFF	OPTIONAL SAT or SUN ENERGY!, FAT BURNER or BELOW THE BELT	DAY OFF	OPTIONAL SAT or SUN ENERGY!, FAT BURNER or BELOW THE BELT	DAY OFF
SUNDAY	DAY OFF	DAY OFF		DAY OFF		DAY OFF