

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

CORE CARDIO

SPEED 2.0

RIPT CIRCUIT

DYNAMIC CORE

UPPER FOCUS  
+  
CORE CARDIO

STRETCH

REST

DYNAMIC  
CARDIO

CORE CARDIO

RIPT CIRCUIT

UPPER FOCUS

RIPT CIRCUIT  
+  
SPEED 2.0

STRETCH

REST

CORE CARDIO

UPPER  
FOCUS

SPEED 2.0

RIPT CIRCUIT

DYNAMIC CORE  
+  
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STRETCH

REST

RIPT CIRCUIT

DYNAMIC  
CORE

CORE CARDIO

DYNAMIC CORE

SPEED 2.0  
+  
UPPER FOCUS

STRETCH

REST

RIPT CIRCUIT

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RIPT CIRCUIT  
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STRETCH

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