

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 + SPEED 2.0	STRETCH	REST
RIPT CIRCUIT	DYNAMIC CORE	CORE CARDIO	DYNAMIC CORE	SPEED 2.0 + UPPER FOCUS	STRETCH	REST
RIPT CIRCUIT	CORE CARDIO	RIPT CIRCUIT	DYNAMIC CORE	RIPT CIRCUIT + SPEED 2.0	STRETCH	REST