

# 9 week CONTROL♥FREAK®

# WORKOUT CALENDAR

## PHASE 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 ACTIVATE	<b>WORKOUT 1</b> DCT-T: BACK & BICEPS	<b>WORKOUT 2</b> DCT-T: CHEST & TRICEPS	<b>WORKOUT 3</b> TABATA CARDIO	<i>FAST DAY</i>	<b>WORKOUT 4</b> DCT-T: SHOULDERS	<b>WORKOUT 5</b> TOTAL BODY TONE	<i>FAST DAY</i>
WEEK 2 STIMULATE	<b>WORKOUT 1</b> DCT-T: BACK & BICEPS	<b>WORKOUT 2</b> DCT-T: CHEST & TRICEPS	<b>WORKOUT 3</b> TABATA CARDIO	<i>FAST DAY</i>	<b>WORKOUT 4</b> DCT-T: SHOULDERS	<b>WORKOUT 5</b> TOTAL BODY TONE	<i>FAST DAY</i>
WEEK 3 ACCELERATE	<b>WORKOUT 1</b> DCT-T: BACK & BICEPS	<b>WORKOUT 2</b> DCT-T: CHEST & TRICEPS	<b>WORKOUT 3</b> TABATA CARDIO	<i>FAST DAY</i>	<b>WORKOUT 4</b> DCT-T: SHOULDERS	<b>WORKOUT 5</b> TOTAL BODY TONE	<i>FAST DAY</i>

## PHASE 2

WEEK 1 CONCENTRATE	<b>WORKOUT 1</b> TABATA CARDIO	<b>WORKOUT 2</b> DCT-T: SHOULDERS	<i>FAST DAY</i>	<b>WORKOUT 3</b> DCT-T: BICEPS & TRICEPS	<b>WORKOUT 4</b> TOTAL BODY TONE	<i>FAST DAY</i>	<b>WORKOUT 5</b> DCT-T: BACK & CHEST
WEEK 2 ELEVATE	<b>WORKOUT 1</b> TABATA CARDIO	<b>WORKOUT 2</b> DCT-T: SHOULDERS	<i>FAST DAY</i>	<b>WORKOUT 3</b> DCT-T: BICEPS & TRICEPS	<b>WORKOUT 4</b> TOTAL BODY TONE	<i>FAST DAY</i>	<b>WORKOUT 5</b> DCT-T: BACK & CHEST
WEEK 3 RECREATE	<b>WORKOUT 1</b> TABATA CARDIO	<b>WORKOUT 2</b> DCT-T: SHOULDERS	<i>FAST DAY</i>	<b>WORKOUT 3</b> DCT-T: BICEPS & TRICEPS	<b>WORKOUT 4</b> TOTAL BODY TONE	<i>FAST DAY</i>	<b>WORKOUT 5</b> DCT-T: BACK & CHEST

## PHASE 3

WEEK 1 DOMINATE	<b>WORKOUT 1</b> DCT-T: BACK & LEGS	<b>WORKOUT 2</b> TABATA CARDIO	<i>FAST DAY</i>	<b>WORKOUT 3</b> TOTAL BODY TONE	<b>WORKOUT 4</b> DCT-T: CHEST & TRICEPS	<b>WORKOUT 5</b> DCT-T: SHOULDERS & BICEPS	<i>FAST DAY</i>
WEEK 2 INCINERATE	<b>WORKOUT 1</b> DCT-T: BACK & LEGS	<b>WORKOUT 2</b> TABATA CARDIO	<i>FAST DAY</i>	<b>WORKOUT 3</b> TOTAL BODY TONE	<b>WORKOUT 4</b> DCT-T: CHEST & TRICEPS	<b>WORKOUT 5</b> DCT-T: SHOULDERS & BICEPS	<i>FAST DAY</i>
WEEK 3 ANNIHILATE	<b>WORKOUT 1</b> DCT-T: BACK & LEGS	<b>WORKOUT 2</b> TABATA CARDIO	<i>FAST DAY</i>	<b>WORKOUT 3</b> TOTAL BODY TONE	<b>WORKOUT 4</b> DCT-T: CHEST & TRICEPS	<b>WORKOUT 5</b> DCT-T: SHOULDERS & BICEPS	<i>FAST DAY</i>

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program, especially if you are pregnant, breastfeeding, have any medical condition, or are taking any medication.

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