



Ready for the body you always wanted with faster results? 21 Day Fix EXTREME® REAL TIME has a different 30-minute workout every day that progresses week to week to get you lean and shredded in the shortest amount of time. There are bonus 10-minute core workouts twice a week to really sculpt those abs.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	PLYO FIX EXTREME	UPPER FIX EXTREME	PILATES FIX EXTREME	LOWER FIX EXTREME	CARDIO FIX EXTREME	DIRTY 30 EXTREME	YOGA FIX EXTREME
BONUS		10 MIN HARDCORE			10 MIN HARDCORE		
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
	LOWER FIX EXTREME	CARDIO FIX EXTREME	UPPER FIX EXTREME	YOGA FIX EXTREME	DIRTY 30 EXTREME	PLYO FIX EXTREME	PILATES FIX EXTREME
BONUS	10 MIN HARDCORE			10 MIN HARDCORE			
	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
	UPPER FIX EXTREME	PLYO FIX EXTREME	DIRTY 30 EXTREME	PILATES FIX EXTREME	LOWER FIX EXTREME	YOGA FIX EXTREME	CARDIO FIX EXTREME
BONUS		10 MIN HARDCORE			10 MIN HARDCORE		

21 Day Fix EXTREME Real Time does not have the “doubles” option like 21 Day Fix® Real Time, because if you’re pushing yourself to the limit, those 30 minutes should leave your muscles and cardiovascular system fully taxed after every workout. Also, it could cause overtraining, joint stress, and eventually injury in this program.

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program and nutrition plan.

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