

30-DAY HYBRID

GET STARTED	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
TAKE YOUR "BEFORE" PHOTOS AND MEASUREMENTS.	MMA SPEED CORE DE FORCE	CARDIO POWER & RESISTANCE INSANITY	MMA SPEED CORE DE FORCE	HALF & HALF JERICO'S BOD EXCLUSIVES	MMA SHRED CORE DE FORCE	HAMMER POWER THE MASTER'S HAMMER AND CHISEL	ACTIVE RECOVERY CORE DE FORCE
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
	MMA SHRED + CORE KINETICS CORE DE FORCE	TOTAL BODY CIRCUIT FOCUS T25	MMA SHRED + CORE KINETICS CORE DE FORCE	8X8 JOEL'S BOD EXCLUSIVES	MMA POWER CORE DE FORCE	CHISEL AGILITY THE MASTER'S HAMMER AND CHISEL	YOGA FLEX 10-MINUTE TRAINER
	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
	MMA POWER CORE DE FORCE + AB RIPPER X P90X	STRENGTH INSANITY: THE ASYLUM	MMA POWER + CORE KINETICS CORE DE FORCE	GRAB BAG: POWER JOEL'S BOD EXCLUSIVES	MMA PLYO CORE DE FORCE	AGILITY X P90X3	ACTIVE RECOVERY CORE DE FORCE
	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
	MMA PLYO + CORE KINETICS CORE DE FORCE	BACK & 6-PACK INSANITY: THE ASYLUM VOL. 2	MMA PLYO CORE DE FORCE + X2 AB RIPPER P90X2	HALF & HALF HARDER JERICO'S BOD EXCLUSIVES	MMA SPEED + CORE KINETICS CORE DE FORCE	MMA SHRED + CORE KINETICS CORE DE FORCE	STRETCH FOCUS T25
	DAY 29	DAY 30	HYBRID ROUND				
	MMA POWER + CORE KINETICS CORE DE FORCE	MMA PLYO + CORE KINETICS CORE DE FORCE	TAKE YOUR "AFTER" PHOTOS AND MEASUREMENTS.	THIS HYBRID CALENDAR IS PACKED WITH THE BEST OF CORE DE FORCE AND SOME OF THE MOST POPULAR WORKOUTS FROM THE BEACHBODY ON DEMAND LIBRARY SUCH AS P90X®, INSANITY®, AND MANY MORE! FOR ADDITIONAL WORKOUTS, BE SURE TO CHECK OUT THE CORE DE FORCE DELUXE KIT. TALK TO YOUR TEAM BEACHBODY COACH OR GO TO TEAMBEACHBODY.COM.			

FOLLOW THIS DAILY WORKOUT SCHEDULE FOR YOUR HYBRID ROUND OF CORE DE FORCE™ AND PUT AN **X** THROUGH EVERY WORKOUT YOU COMPLETE.

DO YOUR 5-MINUTE CORE DE FORCE RELIEF ROUTINE BEFORE BED TO HELP RELIEVE TIGHT AND TIRED MUSCLES—AND PREPARE FOR THE NEXT DAY'S WORKOUT.

© 2016 Beachbody, LLC. All rights reserved. Beachbody, LLC is the owner of the CORE DE FORCE, Beachbody, and Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property. If you are a member of the Team Beachbody community, contact your Coach for information and support, or log in at TeamBeachbody.com. For Beachbody and Team Beachbody Customer Service, go to Beachbody.com.