

FOR THE NEXT 8 WEEKS - FOLLOW THE ACTION PLAN LISTED BELOW.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	TAKE "BEFORE" PHOTOS PT FIT TEST CARDIO 1 AND CORE 1*	RESISTANCE 1	CARDIO 1 AND CORE 1*	RESISTANCE 1	CARDIO 2 AND CORE 1*	RESISTANCE 1	DAY OFF MEAL PREP
2	RESISTANCE 2	CARDIO 2 AND CORE 1* OR SPECIAL OPS: CORE†	RESISTANCE 1	CARDIO 1 AND CORE 1* OR SPECIAL OPS: CORE†	RESISTANCE 2	CARDIO 2 AND CORE 1*	DAY OFF MEAL PREP
3	CARDIO 1 AND CORE 1*	RESISTANCE 1	CARDIO 2 AND CORE 1*	RESISTANCE 2	CARDIO 1 AND CORE 1* OR SPECIAL OPS: CORE†	RESISTANCE 2	DAY OFF MEAL PREP
4	RESISTANCE 3	CARDIO 2 AND CORE 1*	RESISTANCE 1	CARDIO 3 AND CORE 1*	RESISTANCE 2 OR SPECIAL OPS: RESISTANCE†	CARDIO 1 OR SPECIAL OPS: CARDIO† AND CORE 1*	PT FIT TEST DAY OFF MEAL PREP
5	RESISTANCE 2	CARDIO 2 OR SPECIAL OPS: CARDIO† AND CORE 2*	RESISTANCE 3	CARDIO 3 AND CORE 2*	RESISTANCE 2 OR SPECIAL OPS: RESISTANCE†	CARDIO 2 AND CORE 2* OR SPECIAL OPS: CORE†	DAY OFF MEAL PREP
6	RESISTANCE 1	CARDIO 2 AND CORE 2* OR SPECIAL OPS: CORE†	RESISTANCE 3	CARDIO 1 AND CORE 2*	RESISTANCE 2 OR SPECIAL OPS: RESISTANCE†	CARDIO 2 OR SPECIAL OPS: CARDIO† AND CORE 2*	DAY OFF MEAL PREP
7	RESISTANCE 3	CARDIO 1 AND CORE 2*	RESISTANCE 1 OR SPECIAL OPS: RESISTANCE†	CARDIO 3 OR SPECIAL OPS: CARDIO† AND CORE 2*	RESISTANCE 3	CARDIO 3 AND CORE 2* OR SPECIAL OPS: CORE†	DAY OFF MEAL PREP
8	RESISTANCE 3 OR SPECIAL OPS: RESISTANCE†	CARDIO 3 AND CORE 2*	RESISTANCE 2	CARDIO 2 AND CORE 2* OR SPECIAL OPS: CORE†	RESISTANCE 3	CARDIO 3 AND CORE 2*	PT FIT TEST TAKE "AFTER" PHOTOS

HELL WEEK CHALLENGE OPTION

★	CARDIO 1 CARDIO 2 CORE 1	RESISTANCE 1 RESISTANCE 3	CARDIO 1 CARDIO 3 CORE 2	RESISTANCE 2 RESISTANCE 3	CARDIO 2 CARDIO 3 CORE 2	RESISTANCE 3 RESISTANCE 1	CARDIO 3 CARDIO 1 CORE 2
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*OPTIONAL

†SPECIAL OPS: RESISTANCE, SPECIAL OPS: CARDIO, and SPECIAL OPS: CORE are part of the DELUXE KIT.

If you purchased a DELUXE KIT, you can incorporate these workouts on the specified days.

To purchase the Deluxe Kit, go to Beachbody.com or TeamBeachbody.com.

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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