



21-DAY AMPLIFIED CALENDAR

21-Day Amplified XB Pilates™ Calendar

WEEK 1	01 <input type="checkbox"/>	02 <input type="checkbox"/>	03 <input type="checkbox"/>	04 <input type="checkbox"/>	05 <input type="checkbox"/>	06 <input type="checkbox"/>	07 <input type="checkbox"/>		
	Hit The Mat 1	Cardio Fusion 1	Sculpt & Define 1	Abs & Booty 1	Hit The Mat 1	Cardio Fusion 1	Sculpt & Define 1		
	WEEK 2	08 <input type="checkbox"/>	09 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>	
		Abs & Booty 2	Hit The Mat 2	Cardio Fusion 2	Sculpt & Define 2	Abs & Booty 2	Hit The Mat 2	Sculpt & Define 2	
		WEEK 3	15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>
			Cardio Fusion 3	Hit The Mat 3	Abs & Booty 3	Sculpt & Define 3	Cardio Fusion 3	Hit The Mat 3	Abs & Booty 3

Before starting round 2 we recommend adding a rest day or an active recovery day to get the most out of your next round.

