

CHECK YOUR **POWER YOUR PERFORMANCE FITNESS GUIDE** FOR DETAILS.

BEFORE YOU START: MEASURE BODY FAT % & TAKE "BEFORE" PHOTO

FOUNDATION (3 to 6 weeks)

PHASE

1

Day 1: X2 Core

Day 2: Plyocide

Day 3: Rest or X2 Recovery + Mobility

Day 4: X2 Total Body & X2 Ab Ripper

Day 5: X2 Yoga

Day 6: X2 Balance + Power

Day 7: Rest or X2 Recovery + Mobility

AT THE END OF PHASE 1: MEASURE BODY FAT % & TAKE PHOTO

STRENGTH (3 to 6 weeks)

PHASE

2

Day 1: Chest + Back + Balance & X2 Ab Ripper

Day 2: Plyocide

Day 3: Rest or X2 Recovery + Mobility

Day 4: X2 Shoulders + Arms & X2 Ab Ripper

ADDITIONAL OPTIONS

V Sculpt & X2 Ab Ripper Switch into Day 1

Day 5: X2 Yoga

Day 6: Base + Back & X2 Ab Ripper

Day 7: Rest or X2 Recovery + Mobility

AT THE END OF PHASE 2: MEASURE BODY FAT % & TAKE PHOTO

X2 Chest + Shoulders + Tris & X2 Ab Ripper Switch into Day 4

PERFORMANCE (3 to 4 weeks)

PHASE

3

Day 1: P.A.P. Lower

Day 2: P.A.P. Upper

Day 3: X2 Yoga

Day 4: Rest or X2 Recovery + Mobility

Day 5: P.A.P. Lower

Day 6: P.A.P. Upper

Day 7: Rest or X2 Recovery + Mobility

AT THE END OF PHASE 3: MEASURE BODY FAT % & TAKE PHOTO

RECOVERY WEEK (to be done when you need it)

Day 1: X2 Recovery + Mobility

Day 2: X2 Yoga

Day 3: X2 Recovery + Mobility

Day 4: X2 Yoga

Day 5: X2 Recovery + Mobility

Day 6: X2 Yoga

Day 7: Rest or X2 Recovery + Mobility