### Weekly Workout Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>SPEED 3.0</td>
<td>Ript Up</td>
<td>Extreme Circuit</td>
<td>The Pyramid</td>
<td>SPEED 3.0</td>
</tr>
<tr>
<td>2</td>
<td>Ript Up</td>
<td>Extreme Circuit</td>
<td>SPEED 3.0</td>
<td>The Pyramid</td>
<td>Ript Up</td>
</tr>
<tr>
<td>3</td>
<td>The Pyramid</td>
<td>SPEED 3.0</td>
<td>Ript Up</td>
<td>Extreme Circuit</td>
<td>The Pyramid</td>
</tr>
<tr>
<td>4</td>
<td>Extreme Circuit</td>
<td>Ript Up</td>
<td>SPEED 3.0</td>
<td>The Pyramid</td>
<td>Extreme Circuit</td>
</tr>
</tbody>
</table>

### Double Day:
To get the most insane results possible... really push yourself on Friday. Don't just do 2 workouts... do em back-to-back!

### Statursday:
Tracking your progress is vital to your success! If you have questions, contact your coach!

### Weekly Breakdown:
- **Week 1:**
  - Monday: Speed 3.0
  - Tuesday: Ript Up
  - Wednesday: Extreme Circuit
  - Thursday: The Pyramid
  - Friday: Speed 3.0

- **Week 2:**
  - Monday: Ript Up
  - Tuesday: Extreme Circuit
  - Wednesday: Speed 3.0
  - Thursday: The Pyramid
  - Friday: Ript Up

- **Week 3:**
  - Monday: The Pyramid
  - Tuesday: Speed 3.0
  - Wednesday: Ript Up
  - Thursday: Extreme Circuit
  - Friday: The Pyramid

- **Week 4:**
  - Monday: Extreme Circuit
  - Tuesday: Ript Up
  - Wednesday: Speed 3.0
  - Thursday: The Pyramid
  - Friday: Extreme Circuit

### Weekly Focus:
- **Week 1:** Focus on Speed 3.0
- **Week 2:** Focus on Extreme Circuit
- **Week 3:** Focus on The Pyramid
- **Week 4:** Focus on Extreme Circuit

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