

POOX3 - CLASSIC



BLOCK 1 WEEKS 1-3

DAY 1 - TOTAL SYNERGISTICS
DAY 2 - AGILITY X
DAY 3 - X3 YOGA
DAY 4 - THE CHALLENGE
DAY 5 - CVX
DAY 6 - THE WARRIOR
DAY 7 - REST OR DYNAMIX

TRANSITION WEEK 4

DAY 1 - ISOMETRICS
DAY 2 - DYNAMIX
DAY 3 - ACCELERATOR
DAY 4 - PILATES X
DAY 5 - CVX
DAY 6 - X3 YOGA
DAY 7 - REST OR DYNAMIX

BLOCK 2 WEEKS 5-7

DAY 1 - ECCENTRIC UPPER
DAY 2 - TRIOMETRICS
DAY 3 - X3 YOGA
DAY 4 - ECCENTRIC LOWER
DAY 5 - INCINERATOR
DAY 6 - MMX
DAY 7 - REST OR DYNAMIX

TRANSITION WEEK 8

DAY 1 - ISOMETRICS
DAY 2 - DYNAMIX
DAY 3 - ACCELERATOR
DAY 4 - PILATES X
DAY 5 - CVX
DAY 6 - X3 YOGA
DAY 7 - REST OR DYNAMIX

BLOCK 3 WEEKS 9 & 11

DAY 1 - DECELERATOR
DAY 2 - AGILITY X
DAY 3 - THE CHALLENGE OR COMPLEX UPPER
DAY 4 - X3 YOGA
DAY 5 - TRIOMETRICS
DAY 6 - TOTAL SYNERGISTICS OR COMPLEX LOWER
DAY 7 - REST OR DYNAMIX

BLOCK 3 WEEKS 10 & 12

DAY 1 - DECELERATOR
DAY 2 - MMX
DAY 3 - ECCENTRIC UPPER
DAY 4 - TRIOMETRICS
DAY 5 - PILATES X
DAY 6 - ESSENTRIC LOWER
DAY 7 - REST OR DYNAMIX

VICTORY WEEK WEEK 13

DAY 1 - ISOMETRICS
DAY 2 - ACCELERATOR
DAY 3 - PILATES X
DAY 4 - X3 YOGA
DAY 5 - DYNAMIX
DAY 6 - REST OR DYNAMIX
DAY 7 - FINAL FIT TEST & PHOTO SHOOT

