

# 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

