

POCK3 - DOUBLES



BLOCK 1 WEEKS 1-3

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

BLOCK 2 WEEKS 5-7

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

TRANSITION WEEK 8

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

BLOCK 3 WEEKS 9 & 11

DAY 1 - DECELERATOR & ACCELERATOR
DAY 2 - MMX & PILATES X
DAY 3 - THE CHALLENGE OR COMPLEX
UPPER & X3 AB RIPPER OR DYNAMIX
DAY 4 - X3 YOGA & AGILITY X
DAY 5 - TRIOMETRICS & ISOMETRICS
DAY 6 - TOTAL SYNERGISTICS OR COMPLEX
LOWER & X3 AB RIPPER OR DYNAMIX
DAY 7 - REST OR DYNAMIX

BLOCK 3 WEEKS 10 & 12

DAY 1 - DECELERATOR & ACCELERATOR
DAY 2 - CVX & PILATES X
DAY 3 - ECCENTRIC UPPER & MMX
DAY 4 - TRIOMETRICS & ISOMETRICS
DAY 5 - X3 YOGA & CVX
DAY 6 - ESSENTIC LOWER & DYNAMIX
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

