

# 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

