

POCK3 - MASS



BLOCK 1 WEEKS 1-3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	TOTAL SYNERGISTICS	AGILITY X	X3 YOGA	THE CHALLENGE	PILATES X	INCINERATOR	REST OR DYNAMIX
WEEK 2	TOTAL SYNERGISTICS	AGILITY X	X3 YOGA	THE CHALLENGE	PILATES X	INCINERATOR	REST OR DYNAMIX
WEEK 3	TOTAL SYNERGISTICS	AGILITY X	X3 YOGA	THE CHALLENGE	PILATES X	INCINERATOR	REST OR DYNAMIX
WEEK 4 TRANSITION	ISOMETRICS	DYNAMIX	THE WARRIOR	PILATES X	AGILITY X	X3 YOGA	REST OR DYNAMIX

BLOCK 2 WEEKS 5-7

WEEK 5	ECCENTRIC UPPER	ECCENTRIC LOWER	X3 YOGA	ECCENTRIC UPPER	ECCENTRIC LOWER	MMX	REST OR DYNAMIX
WEEK 6	ECCENTRIC UPPER	ECCENTRIC LOWER	X3 YOGA	ECCENTRIC UPPER	ECCENTRIC LOWER	MMX	REST OR DYNAMIX
WEEK 7	ECCENTRIC UPPER	ECCENTRIC LOWER	X3 YOGA	ECCENTRIC UPPER	ECCENTRIC LOWER	MMX	REST OR DYNAMIX
WEEK 8 TRANSITION	ISOMETRICS	DYNAMIX	THE WARRIOR	PILATES X	DECELERATOR	X3 YOGA	REST OR DYNAMIX

BLOCK 3 WEEKS 9-12

WEEK 9	ECCENTRIC UPPER	ECCENTRIC LOWER	X3 YOGA	ECCENTRIC UPPER	ECCENTRIC LOWER	MMX	REST OR DYNAMIX
WEEK 10	TOTAL SYNERGISTICS	AGILITY X	X3 YOGA	THE CHALLENGE	PILATES X	INCINERATOR	REST OR DYNAMIX
WEEK 11	ECCENTRIC UPPER	ECCENTRIC LOWER	X3 YOGA	ECCENTRIC UPPER	ECCENTRIC LOWER	MMX	REST OR DYNAMIX
WEEK 12	TOTAL SYNERGISTICS	AGILITY X	X3 YOGA	THE CHALLENGE	PILATES X	INCINERATOR	REST OR DYNAMIX
WEEK 13 VICTORY	ISOMETRICS	X3 YOGA	DECELERATOR	ECCENTRIC UPPER	ECCENTRIC LOWER	DYNAMIX	FINAL FIT TEST & PHOTO SHOOT