

# POOX3 - MASS



## BLOCK 1 WEEKS 1-3

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

## TRANSITION WEEK 4

DAY 1 - ISOMETRICS  
DAY 2 - DYNAMIX  
DAY 3 - THE WARRIOR  
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  
DAY 2 - ECCENTRIC LOWER  
DAY 3 - X3 YOGA  
DAY 4 - ECCENTRIC UPPER  
DAY 5 - ECCENTRIC LOWER  
DAY 6 - MMX  
DAY 7 - REST OR DYNAMIX

## TRANSITION WEEK 8

DAY 1 - ISOMETRICS  
DAY 2 - DYNAMIX  
DAY 3 - THE WARRIOR  
DAY 4 - PILATES X  
DAY 5 - DECELERATOR  
DAY 6 - X3 YOGA  
DAY 7 - REST OR DYNAMIX

## BLOCK 3 WEEKS 9 & 11

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

## BLOCK 3 WEEKS 10 & 12

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

## VICTORY WEEK WEEK 13

DAY 1 - ISOMETRICS  
DAY 2 - X3 YOGA  
DAY 3 - DECELERATOR  
DAY 4 - ECCENTRIC UPPER  
DAY 5 - ECCENTRIC LOWER  
DAY 6 - DYNAMIX  
DAY 7 - FINAL FIT TEST & PHOTO SHOOT

