**Core De Force**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| MMA SPEED | DYNAMIC STRENGTH | MMA SPEED | POWER SCULPT | MMA SHRED | DYNAMIC STRENGTH | ACTIVE RECOVERY |
| MMA SHRED + CORE KINETICS | POWER SCULPT | MMA SHRED + CORE KINETICS | DYNAMIC STRENGTH | MMA POWER | POWER SCULPT | ACTIVE RECOVERY |
| MMA POWER +CORE KINETICS | DYNAMIC STRENGTH + 5 MIN. CORE ON THE FLOOR | MMA POWER + CORE KINETICS | POWER SCULPT + 5 MIN. CORE ON THE FLOOR | MMA PLYO | DYNAMIC STRENGTH + 5 MIN. CORE ON THE FLOOR | ACTIVE RECOVERY |
| MMA PLYO + CORE KINETICS | POWER SCULPT + 5 MIN. CORE ON THE FLOOR | MMA PLYO + CORE KINETICS | DYNAMIC STRENGTH + 5 MIN. CORE ON THE FLOOR | MMA SPEED + CORE KINETICS | MMA SHRED + CORE KINETICS | ACTIVE RECOVERY |
| MMA POWER + CORE KINETICS | MMA PLYO + CORE KINETICS |  |  |  |  |  |