**PHASE 1**

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| PrepWatch Weekly Obsession | Day 1TOTAL BODY CORE (60 min.) | Day 2BOOTY(60 min.) | Day 3CARDIO CORE(40 min.) | Day 4AAA(49 min.) | Day 5LEGS(46 min.) | Day 6CARDIO FLOW(31 min.) |
| Day 7ROLL & RELEASE(19 min.) | Day 8TOTAL BODY CORE(60 min.) | Day 9BOOTY(60 min.) | Day 10CARDIO CORE(37 min.) | Day 11AAA(55 min.) | Day 12LEGS(52 min.) | Day 13CARDIO FLOW(30 min.) |
| Day 14STRETCH & RELEASE(16 min.) | Day 15TOTAL BODY CORE (60 min.) | Day 16BOOTY(55 min.) | Day 17CARDIO CORE(36 min.) | Day 18AAA(55 min.) | Day 19LEGS(51 min.) | Day 20CARDIO FLOW(30 min.) |
| REST/SELF-CAREWatch Weekly Obsession | Day 21TOTAL BODY CORE (57 min.) | Day 22BOOTY(53 min.) | Day 23CARDIO CORE(35 min.) | Day 24AAA(48 min.) | Day 25LEGS(48 min.) | Day 26CARDIO FLOW(27 min.) |

**PHASE 2**

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| REST/SELF-CAREWatch Weekly Obsession | Day 27BOOTY (58 min.) | Day 28CARDIO CORE(43 min.) | Day 29TOTAL BODY CORE(60 min.) | Day 30LEGS(41 min.) | Day 31AAA(57 min.) | Day 32CARDIO FLOW(36 min.) |
| REST/SELF-CAREWatch Weekly Obsession | Day 33BOOTY (59 min.) | Day 34CARDIO CORE(40 min.) | Day 35TOTAL BODY CORE(59 min.)**REFEED DAY** | Day 36LEGS(42 min.) | Day 37AAA(60 min.) | Day 38CARDIO FLOW(38 min.) |
| REST/SELF-CAREWatch Weekly Obsession | Day 39BOOTY (58 min.) | Day 40CARDIO CORE(38 min.) | Day 41TOTAL BODY CORE(58 min.) | Day 42LEGS(46 min.) | Day 43AAA(61 min.) | Day 44CARDIO FLOW(41 min.) |
| REST/SELF-CAREWatch Weekly Obsession | Day 45BOOTY (59 min.) | Day 46CARDIO CORE(38 min.) | Day 47TOTAL BODY CORE(57 min.)**REFEED DAY** | Day 48LEGS(40 min.) | Day 49AAA(62 min.) | Day 50CARDIO FLOW(39 min.) |

**PHASE 3**

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| REST/SELF-CAREWatch Weekly Obsession | Day 51AAA(54 min.) | Day 52CARDIO FLOW(45 min.) | Day 53LEGS(52 min.) | Day 54TOTAL BODY CORE(58 min.) | Day 55CARDIO CORE(41 min.) | Day 56BOOTY(47 min.) |
| REST/SELF-CAREWatch Weekly Obsession | Day 57AAA(57 min.) | Day 58CARDIO FLOW(45 min.)**REFEED DAY** | Day 59LEGS(51 min.) | Day 60TOTAL BODY CORE(59 min.) | Day 61CARDIO CORE(42 min.) | Day 62BOOTY(54 min.) |
| REST/SELF-CAREWatch Weekly Obsession | Day 63AAA(58 min.) | Day 64CARDIO FLOW(47 min.) | Day 65LEGS(56 min.) | Day 66TOTAL BODY CORE(60 min.) | Day 67CARDIO CORE(42 min.) | Day 68BOOTY(55 min.) |
| REST/SELF-CAREWatch Weekly Obsession | Day 69AAA(58 min.) | Day 70CARDIO FLOW(47 min.)**REFEED DAY** | Day 71LEGS(54 min.) | Day 72TOTAL BODY CORE(58 min.) | Day 73CARDIO CORE(40 min.) | Day 74BOOTY(50 min.) |

**PEAK WEEK**

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| REST/SELF-CAREWatch Weekly Obsession | Day 75AAAPhase 1(53 min.) | Day 76CARDIO FLOW(35 min.) | Day 77LEGSPhase 1(54 min.) | Day 78TOTAL BODY COREPhase 3(57 min.) | Day 79CARDIO COREPhase 2(41 min.) | Day 80BOOTYPhase 2(60 min.) |