**PHASE 1**

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

**PHASE 2**

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

**PHASE 3**

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

**PEAK WEEK**

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| REST/SELF-CARE  Watch Weekly Obsession | Day 75  AAA  Phase 1  (53 min.) | Day 76  CARDIO FLOW  (35 min.) | Day 77  LEGS  Phase 1  (54 min.) | Day 78  TOTAL BODY CORE  Phase 3  (57 min.) | Day 79  CARDIO CORE  Phase 2  (41 min.) | Day 80  BOOTY  Phase 2  (60 min.) |