



CLASSIC PHASE 2

SUN	MON	TUE	WED	THU	FRI	SAT
	29 Chest, Shoulders & Triceps - AbRip X	30 Plyometrics	31 Back & Biceps Ab Ripper X	32 Yoga X	33 Legs & Back Ab Ripper X	34 Kempo X
35 X Stretch	36 Chest, Shoulders & Triceps - AbRip X	37 Plyometrics	38 Back & Biceps Ab Ripper X	39 Yoga X	40 Legs & Back Ab Ripper X	41 Kempo X
42 X Stretch	43 Chest, Shoulders & Triceps - AbRip X	44 Plyometrics	45 Back & Biceps Ab Ripper X	46 Yoga X	47 Legs & Back Ab Ripper X	48 Kempo X
49 X Stretch	50 Yoga X	51 Core Synergistics	52 Kempo X	53 X Stretch	54 Core Synergistics	55 Yoga X
56 X Stretch						