

INCAROUT CALENDAR

					HATELE HERE	
WEEK 1						
DAY 1	DAY 2 Strength	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Cross Core Combat	& Force Upper + Ultimate Abs	Plyo XT	Yoga XT	Legs & Back	Sprawi & Brawi	Rest Day
WEEK 2						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Competition Core	Strength & Force Upper + Ultimate Abs	Plyo XT	Yoga XT	Legs & Back	Cardio XT + Ultimate Abs	Rest Day
WEEK 3	10					
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Cross Core Combat	Strength & Force Upper + Ultimate Abs	Plyo XT	Yoga XT	Legs & Back	Sprawl & Brawl	Rest Day
WEEK 4		1				
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Competition Core	Buns & Guns + Ultimate Abs	Muay Thai	Yoga XT	Sprawl & Brawl	Cardio XT + Ultimate Abs	Rest Day
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WEEK 5			THE RESERVE OF THE PERSON NAMED IN		Asserted to the second	
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	Ripped			SHEET SHEET	Cardio XT	
Plyo XT	Conditioning + Ultimate Abs	Muay Thai	Yoga XT	Legs & Back	+ Ultimate Abs	Rest Day
WEEK 6		T 200				
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Piyo XT	Ripped Conditioning + Ultimate Abs	Cross Core Combat	Yoga XT	Buns & Guns + Ultimate Abs	Sprawl & Brawl	Rest Day
WEEK 7						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Piyo XT	Ripped Conditioning + Ultimate Abs	Muay Thai	Yoga XT	Legs & Back	Cardio XT + Ultimate Abs	Rest Day
WEEK 8						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Competition Core	Yoga XT	Sprawl & Brawl	Buns & Guns + Ultimate Abs	Yoga XT	Cardio XT + Ultimate Abs	Rest Day
7. 1						
NEEK 9						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Sprawl & Brawl	Strength & Force Upper + Ultimate Abs	Plyo XT	Yoga XT	Legs & Back	Cross Core Combat	Rest Day
WEEK 10	A A COLUMN TO SHAPE					
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Competition Core	Ripped Conditioning + Ultimate Abs	Plyo XT	Yoga XT	Cardio XT + Ultimate Abs	Muay Thai	Rest Day
WEEK 11			All and a second			
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Piyo XT	Strength & Force Upper + Ultimate Abs	Cross Core Combat	Yoga XT	Legs & Back	Sprawi & Brawi	Rest Day
NEEK 12						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	A VOUD W
Muay Thai	Buns & Guns + Ultimate Abs	Piyo XT	Competition Core	Sprawi & Brawi	Cardio XT + Ultimate Abs	YUUK NI BODY