

Phase 1	Classic	Doubles	Leans
Weeks 1~3			
Day 1	Chest & Back, Ab Ripper X	Chest & Back, Ab Ripper X	Core Synergistics
Day 2	Plyometrics	Plyometrics	Cardio X
Day 3	Shoulders & Arms, Ab Ripper X	Shoulders & Arms, Ab Ripper X	Shoulders & Arms, Ab Ripper X
Day 4	Yoga X	Yoga X	Yoga X
Day 5	Legs & Back, Ab Ripper X	Legs & Back, Ab Ripper X	Legs & Back, Ab Ripper X
Day 6	Kenpo X	Kenpo X	Kenpo X
Day 7	Rest or X Stretch	Rest or X Stretch	Rest or X Stretch
Week 4			
Day 1	Yoga X	Yoga X	Yoga X
Day 2	Core Synergistics	Core Synergistics	Core Synergistics
Day 3	Kenpo X	Kenpo X	Kenpo X
Day 4	X Stretch	X Stretch	X Stretch
Day 5	Core Synergistics	Core Synergistics	Core Synergistics
Day 6	Yoga X	Yoga X	Yoga X
Day 7	Rest or X Stretch	Rest or X Stretch	Rest or X Stretch

Phase 2	Classic	Doubles	Leans
Weeks 5~7			
Day 1	Chest, Shoulders & Triceps, Ab Ripper X	[AM] Cardio X; [PM] Chest, Shoulders & Triceps, Ab Ripper X	Core Synergistics
Day 2	Plyometrics	Plyometrics	Cardio X
Day 3	Back & Biceps, Ab Ripper X	[AM] Cardio X; [PM] Back & Biceps, Ab Ripper X	Chest, Shoulders & Triceps, Ab Ripper X
Day 4	Yoga X	Yoga X	Yoga X
Day 5	Legs & Back, Ab Ripper X	[AM] Cardio X; [PM] Legs & Back, Ab Ripper X	Legs & Back, Ab Ripper X
Day 6	Kenpo X	Kenpo X	Kenpo X
Day 7	Rest or X Stretch	Rest or X Stretch	Rest or X Stretch
Week 8			
Day 1	Yoga X	Yoga X	Yoga X
Day 2	Core Synergistics	Core Synergistics	Core Synergistics
Day 3	Kenpo X	Kenpo X	Kenpo X
Day 4	X Stretch	X Stretch	X Stretch
Day 5	Core Synergistics	Core Synergistics	Cardio X
Day 6	Yoga X	Yoga X	Yoga X
Day 7	Rest or X Stretch	Rest or X Stretch	Rest or X Stretch

Phase 3	Classic	Doubles	Lean
Weeks 9 and 11			
Day 1	Chest & Back, Ab Ripper X	[AM] Cardio X [PM] Chest & Back, Ab Ripper X	Chest & Back, Ab Ripper X
Day 2	Plyometrics	[AM] Cardio X [PM] Plyometrics	Cardio X
Day 3	Shoulders & Arms, Ab Ripper X	Shoulders & Arms, Ab Ripper X	Shoulders & Arms, Ab Ripper X
Day 4	Yoga X	[AM] Cardio X [PM] Yoga X	Yoga X
Day 5	Legs & Back, Ab Ripper X	[AM] Cardio X [PM] Legs & Back, Ab Ripper X	Core Synergistics
Day 6	Kenpo X	Kenpo X	Kenpo X
Day 7	Rest or X Stretch	Rest or X Stretch	Rest or X Stretch
Weeks 10 and 12			
Day 1	Chest, Shoulders & Triceps, Ab Ripper X	[AM] Cardio X [PM] Chest, Shoulders & Triceps, Ab Ripper X	Chest, Shoulders & Triceps, Ab Ripper X
Day 2	Plyometrics	[AM] Cardio X [PM] Plyometrics	Cardio X
Day 3	Back & Biceps, Ab Ripper X	Back & Biceps, Ab Ripper X	Back & Biceps, Ab Ripper X
Day 4	Yoga X	[AM] Cardio X [PM] Yoga X	Yoga X
Day 5	Legs & Back, Ab Ripper X	[AM] Cardio X [PM] Legs & Back, Ab Ripper X	Core Synergistics
Day 6	Kenpo X	Kenpo X	Kenpo X
Day 7	Rest or X Stretch	Rest or X Stretch	Rest or X Stretch
Week 13			
Day 1	Yoga X	Yoga X	Yoga X
Day 2	Core Synergistics	Core Synergistics	Core Synergistics
Day 3	Kenpo X	Kenpo X	Kenpo X
Day 4	X Stretch	X Stretch	X Stretch
Day 5	Core Synergistics	Core Synergistics	Cardio X
Day 6	Yoga X	Yoga X	Yoga X
Day 7	Rest or X Stretch	Rest or X Stretch	Rest or X Stretch