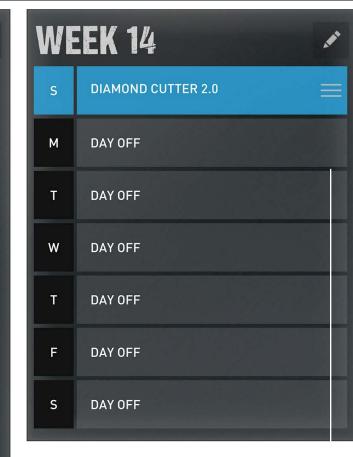
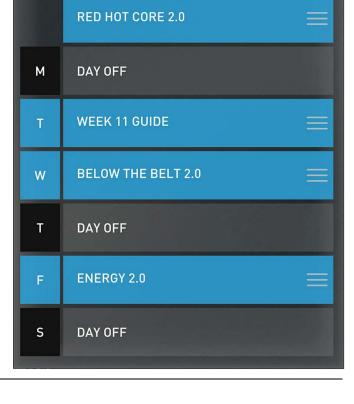


## **WEEK 13**

S	BELOW THE BELT 2.0	
м	DAY OFF	
т	WEEK 13 GUIDE	
w	FAT BURNER 2.0	
	RED HOT CORE 2.0	
т	DAY OFF	
F	BELOW THE BELT 2.0	
	RED HOT CORE 2.0	
c		





	RED HOT CORE 2.0
М	DAY OFF
т	WEEK 12 GUIDE
W	ENERGY 2.0
	RED HOT CORE 2.0
Т	DAY OFF
F	RED HOT CORE 2.0
	FAT BURNER 2.0
S	DAY OFF

## **BEGINNER**

This plan is where you want to start if you're just getting into fitness or have a condition that limits your ability to workout. You'll be able to keep up while also pushing your limits.

