

WEEK 1		
S	DAY OFF	
M	DAY OFF	
T	WEEK 1 GUIDE	
W	DIAMOND DOZEN 2.0	
T	DAY OFF	
F	DIAMOND DOZEN 2.0	
	ENERGY 2.0	
S	DAY OFF	

WEEK 2		
S	ENERGY 2.0	
M	DAY OFF	
T	WEEK 2 GUIDE	
W	ENERGY 2.0	
T	DAY OFF	
F	ENERGY 2.0	
S	DAY OFF	

WEEK 3		
S	ENERGY 2.0	
M	DAY OFF	
T	WEEK 3 GUIDE	
W	ENERGY 2.0	
T	DAY OFF	
F	DIAMOND DOZEN 2.0	
	ENERGY 2.0	
S	DAY OFF	

WEEK 4		
S	FAT BURNER 2.0	
M	DAY OFF	
T	WEEK 4 GUIDE	
W	ENERGY 2.0	
T	DAY OFF	
F	ENERGY 2.0	
S	DAY OFF	

WEEK 5		
S	FAT BURNER 2.0	
M	DAY OFF	
T	WEEK 5 GUIDE	
	ENERGY 2.0	
W	DAY OFF	
T	DAY OFF	
F	ENERGY 2.0	
S	DAY OFF	

WEEK 6		
S	DIAMOND DOZEN 2.0	
	FAT BURNER 2.0	
M	DAY OFF	
T	WEEK 6 GUIDE	
	FAT BURNER 2.0	
W	DAY OFF	
T	DAY OFF	
F	ENERGY 2.0	
S	DAY OFF	

WEEK 7		
S	FAT BURNER 2.0	
M	DAY OFF	
T	WEEK 7 GUIDE	
W	FAT BURNER 2.0	
T	DAY OFF	
F	RED HOT CORE 2.0	
S	DAY OFF	

WEEK 8		
S	FAT BURNER 2.0	
M	DAY OFF	
T	WEEK 8 GUIDE	
W	ENERGY 2.0	
T	DAY OFF	
F	RED HOT CORE 2.0	
	FAT BURNER 2.0	
S	DAY OFF	

WEEK 9		
S	BELOW THE BELT 2.0	
M	DAY OFF	
T	WEEK 9 GUIDE	
	FAT BURNER 2.0	
W	DAY OFF	
T	DAY OFF	
F	BELOW THE BELT 2.0	
S	DAY OFF	

WEEK 10		
S	ENERGY 2.0	
	FAT BURNER 2.0	
M	DAY OFF	
T	WEEK 10 GUIDE	
W	BELOW THE BELT 2.0	
T	DAY OFF	
F	FAT BURNER 2.0	
S	DAY OFF	

WEEK 11		
S	ENERGY 2.0	
	RED HOT CORE 2.0	
M	DAY OFF	
T	WEEK 11 GUIDE	
W	BELOW THE BELT 2.0	
T	DAY OFF	
F	ENERGY 2.0	
S	DAY OFF	

WEEK 12		
S	FAT BURNER 2.0	
	RED HOT CORE 2.0	
M	DAY OFF	
T	WEEK 12 GUIDE	
W	ENERGY 2.0	
	RED HOT CORE 2.0	
T	DAY OFF	
F	RED HOT CORE 2.0	
	FAT BURNER 2.0	
S	DAY OFF	

WEEK 13		
S	BELOW THE BELT 2.0	
M	DAY OFF	
T	WEEK 13 GUIDE	
W	FAT BURNER 2.0	
	RED HOT CORE 2.0	
T	DAY OFF	
F	BELOW THE BELT 2.0	
	RED HOT CORE 2.0	
S	DAY OFF	

WEEK 14		
S	DIAMOND CUTTER 2.0	
M	DAY OFF	
T	DAY OFF	
W	DAY OFF	
T	DAY OFF	
F	DAY OFF	
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.

B

BEGINNER

DDPY