

### WEEK 1

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

### WEEK 2

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

### WEEK 3

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

### WEEK 4

S	DAY OFF
M	DAY OFF
T	DIAMOND DOZEN 2.0
	BELOW THE BELT 2.0
W	FAT BURNER 2.0
	RED HOT CORE 2.0
T	DAY OFF
F	ENERGY 2.0
	RED HOT CORE 2.0
S	DIAMOND CUTTER 2.0

### WEEK 5

S	DAY OFF
M	DAY OFF
T	DIAMOND DOZEN 2.0
	BELOW THE BELT 2.0
W	FAT BURNER 2.0
T	DAY OFF
F	BELOW THE BELT 2.0
	RED HOT CORE 2.0
S	DIAMOND CUTTER 2.0

### WEEK 6

S	DAY OFF
M	DAY OFF
T	RED HOT CORE 2.0
	FAT BURNER 2.0
W	BELOW THE BELT 2.0
T	DAY OFF
F	BELOW THE BELT 2.0
	RED HOT CORE 2.0
S	DIAMOND CUTTER 2.0

### WEEK 7

S	DAY OFF
M	DAY OFF
T	STRENGTH BUILDER 2.0
	RED HOT CORE 2.0
W	BELOW THE BELT 2.0
T	DAY OFF
F	FAT BURNER 2.0
	RED HOT CORE 2.0
S	DIAMOND CUTTER 2.0

### WEEK 8

S	DAY OFF
M	DAY OFF
T	FAT BURNER 2.0
	RED HOT CORE 2.0
W	STRENGTH BUILDER 2.0
T	DAY OFF
F	BELOW THE BELT 2.0
	RED HOT CORE 2.0
S	DIAMOND CUTTER 2.0

### WEEK 9

S	DAY OFF
M	DAY OFF
T	BELOW THE BELT 2.0
	RED HOT CORE 2.0
W	DIAMOND CUTTER 2.0
T	DAY OFF
F	STRENGTH BUILDER 2.0
	RED HOT CORE 2.0
S	DOUBLE BLACK DIAMOND 2.0

### WEEK 10

S	DAY OFF
M	DAY OFF
T	RED HOT CORE 2.0
	FAT BURNER 2.0
W	DIAMOND CUTTER 2.0
T	RED HOT CORE 2.0
F	STAND UP 2.0
S	DOUBLE BLACK DIAMOND 2.0

### WEEK 11

S	DAY OFF
M	DAY OFF
T	STAND UP 2.0
	RED HOT CORE 2.0
W	DIAMOND CUTTER 2.0
T	RED HOT CORE 2.0
F	STRENGTH BUILDER 2.0
S	DOUBLE BLACK DIAMOND 2.0

### WEEK 12

S	DAY OFF
M	DAY OFF
T	ENERGY 2.0
	RED HOT CORE 2.0
W	DIAMOND CUTTER 2.0
T	RED HOT CORE 2.0
F	BELOW THE BELT 2.0
S	DOUBLE BLACK DIAMOND 2.0

### WEEK 13

S	DAY OFF
M	DAY OFF
T	FAT BURNER 2.0
	RED HOT CORE 2.0
W	DIAMOND CUTTER 2.0
T	RED HOT CORE 2.0
F	STRENGTH BUILDER 2.0
S	DOUBLE BLACK DIAMOND 2.0

## ADVANCED

The Advanced Plan will push you to your limits, making you stronger, more flexible, and more capable. This plan is excellent for athletes or anyone who is already in good physical shape.

