

WEEK 1

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

WEEK 2

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

WEEK 3

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

WEEK 4

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

WEEK 5

S	DAY OFF
M	DAY OFF
T	FAT BURNER 2.0
W	DAY OFF
T	DIAMOND DOZEN 2.0
F	FAT BURNER 2.0
F	DAY OFF
S	BELOW THE BELT 2.0

WEEK 6

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

WEEK 7

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

WEEK 8

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

WEEK 9

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

WEEK 10

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

WEEK 11

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

WEEK 12

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

WEEK 13

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

INTERMEDIATE

The Intermediate Plan will give you a killer workout you CAN do. You'll continue to build strength and start to tone those muscles with this plan.

