



DAY 1	<u>Basics</u>
DAY 2	<u>Drills with Bodyweight</u>
DAY 3	<u>Core</u>
DAY 4	<u>Drills with Weights</u>
DAY 5	<u>Lower Body</u>
DAY 6	<u>Upper Body</u>
DAY 7	Recovery or <u>Dynamic Stretch</u>
DAY 8	<u>Drills with Weights</u>
DAY 9	<u>Full Body</u>
DAY 10	<u>Lower Body</u>
DAY 11	<u>Drills with Bodyweight</u>
DAY 12	<u>Upper Body</u>
DAY 13	<u>Core</u>
DAY 14	Recovery or <u>Dynamic Stretch</u>
DAY 15	<u>Drills with Bodyweight</u>
DAY 16	<u>Lower Body</u>
DAY 17	<u>Core</u>
DAY 18	<u>Drills with Weights</u>
DAY 19	<u>Full Body</u>
DAY 20	<u>Upper Body</u>
DAY 21	Recovery or <u>Dynamic Stretch</u>
DAY 22	<u>Max Out Cardio</u>
DAY 23	<u>Drills with Weights</u>
DAY 24	<u>Full Body</u>
DAY 25	<u>Standing Abs</u>
DAY 26	<u>Lower Body</u>
DAY 27	<u>Total Body Bootcamp</u>
DAY 28	Recovery or <u>Dynamic Stretch</u>
DAY 29	<u>Upper Body</u>
DAY 30	<u>Drills with Bodyweight</u>
DAY 31	<u>Total Body Bootcamp</u>
DAY 32	<u>Core</u>
DAY 33	<u>Full Body</u>
DAY 34	<u>Boom Speed</u>
DAY 35	Recovery or <u>Dynamic Stretch</u>
DAY 36	<u>Drills with Weights</u>
DAY 37	<u>Standing Abs</u>
DAY 38	<u>Upper Body</u>
DAY 39	<u>Max Out Cardio</u>
DAY 40	<u>Lower Body</u>
DAY 41	<u>Core</u>
DAY 42	Recovery or <u>Dynamic Stretch</u>
DAY 43	<u>Max Out Cardio</u>
DAY 44	<u>Lower Body + Standing Abs</u>
DAY 45	<u>Upper Body</u>
DAY 46	<u>Core</u>
DAY 47	<u>Total Body Bootcamp</u>
DAY 48	<u>Boom Speed</u>
DAY 49	Recovery or <u>Dynamic Stretch</u>
DAY 50	<u>Full Body</u>
DAY 51	<u>Drills with Weights + Standing Abs</u>
DAY 52	<u>Boom Speed</u>
DAY 53	<u>Upper Body</u>
DAY 54	<u>Core</u>
DAY 55	<u>Max Out Cardio</u>
DAY 56	Recovery or <u>Dynamic Stretch</u>
DAY 57	<u>Drills with Bodyweight + Standing Abs</u>
DAY 58	<u>Total Body Bootcamp</u>
DAY 59	<u>Lower Body</u>
DAY 60	<u>Boom Speed</u>
DAY 61	<u>Upper Body</u>
DAY 62	<u>Full Body</u>
DAY 63	Recovery or <u>Dynamic Stretch</u>
DAY 64	<u>Core</u>
DAY 65	<u>Lower Body</u>
DAY 66	<u>Max Out Cardio</u>
DAY 67	<u>Upper Body + Standing Abs</u>
DAY 68	<u>Boom Speed</u>
DAY 69	<u>Total Body Bootcamp</u>
DAY 70	Recovery or <u>Dynamic Stretch</u>
DAY 71	<u>Max Out Cardio</u>
DAY 72	<u>Drills with Weights</u>
DAY 73	<u>Full Body</u>
DAY 74	<u>Standing Abs</u>
DAY 75	<u>Lower Body</u>
DAY 76	<u>Total Body Bootcamp</u>
DAY 77	Recovery or <u>Dynamic Stretch</u>
DAY 78	<u>Drills with Bodyweight + Standing Abs</u>
DAY 79	<u>Total Body Bootcamp</u>
DAY 80	<u>Lower Body</u>
DAY 81	<u>Boom Speed</u>
DAY 82	<u>Upper Body</u>
DAY 83	<u>Full Body</u>
DAY 84	Recovery or <u>Dynamic Stretch</u>
DAY 85	<u>Core</u>
DAY 86	<u>Lower Body</u>
DAY 87	<u>Max Out Cardio</u>
DAY 88	<u>Upper Body + Standing Abs</u>
DAY 89	<u>Boom Speed</u>
DAY 90	<u>Total Body Bootcamp</u>
DAY 91	Recovery or <u>Dynamic Stretch</u>
DAY 92	<u>Upper Body</u>
DAY 93	<u>Drills with Bodyweight</u>
DAY 94	<u>Total Body Bootcamp</u>
DAY 95	<u>Core</u>
DAY 96	<u>Full Body + Standing Abs</u>
DAY 97	<u>Boom Speed</u>
DAY 98	Recovery or <u>Dynamic Stretch</u>
DAY 99	<u>Lower Body</u>
DAY 100	<u>Max Out Cardio</u>