

MONTH 1

<u>*Ext. Upper Warm-Up Locked and Loaded</u>	<u>*Ext. Lower Warm-Up Buns and Buns</u>	<u>Pure Core</u>	<u>*Ext. Lower Warm-Up Max Deep</u>	<u>Flex Appeal</u>	<u>*Ext Upper & Lower Warm-Ups Burn Notice</u>	<u>REST Or Flex Appeal</u>
<u>*Ext. Lower Warm-Up Max Deep</u>	<u>*Ext. Upper Warm-Up Locked and Loaded (Can Sub Back In Action)</u>	<u>Pure Core</u>	<u>*Ext. Lower Warm-Up Buns and Buns</u>	<u>Flex Appeal</u>	<u>*Ext Upper & Lower Warm-Ups Burn Notice</u>	<u>REST Or Flex Appeal</u>
<u>*Ext. Lower Warm-Up Buns and Buns</u>	<u>*Ext. Upper Warm-Up Locked and Loaded</u>	<u>Pure Core</u>	<u>*Ext. Lower Warm-Up Max Deep</u>	<u>Flex Appeal</u>	<u>*Ext Upper & Lower Warm-Ups Burn Notice</u>	<u>REST Or Flex Appeal</u>
<u>*Ext. Upper Warm-Up Locked and Loaded (Can Sub Back In Action)</u>	<u>*Ext. Lower Warm-Up Max Deep</u>	<u>Pure Core</u>	<u>*Ext. Lower Warm-Up Buns and Buns</u>	<u>Flex Appeal</u>	<u>*Ext Upper & Lower Warm-Ups Burn Notice</u>	<u>REST Or Flex Appeal</u>
<u>*Ext. Lower Warm-Up Buns and Buns</u>	<u>*Ext. Upper Warm-Up Locked and Loaded + Pure Core</u>					

*Short warm-ups are included in every video. If you need additional time to warm up, we highly recommend adding the extended warm-up before your workout.



MONTH 2

<u>Flex Appeal</u>	<u>*Ext. Upper Warm-Up Locked and Loaded (OR Back In Action)</u>	<u>*Ext. Lower Warm-Up Max Deep</u>	<u>*Ext. Upper & Lower Warm-Ups Burn Notice</u>	<u>REST Or Flex Appeal</u>	<u>*Ext. Upper Warm-Up Locked and Loaded</u>	<u>*Ext. Lower Warm-Up Buns and Buns +Pure Core</u>
<u>Flex Appeal</u>	<u>*Ext. Upper Warm-Up Locked and Loaded (OR Back In Action)</u>	<u>*Ext. Lower Warm-Up Max Deep</u>	<u>*Ext Upper & Lower Warm-Ups Burn Notice</u>	<u>REST Or Flex Appeal</u>	<u>*Ext. Upper Warm-Up Locked and Loaded +Pure Core</u>	<u>*Ext. Lower Warm-Up Buns and Buns</u>
<u>Flex Appeal</u>	<u>*Ext. Upper Warm-Up Locked and Loaded (OR Back In Action) +Pure Core</u>	<u>*Ext. Lower Warm-Up Max Deep</u>	<u>*Ext Upper & Lower Warm-Ups Burn Notice</u>	<u>REST Or Flex Appeal</u>	<u>*Ext. Upper Warm-Up Locked and Loaded</u>	<u>*Ext. Lower Warm-Up Buns and Buns +Pure Core</u>
<u>Flex Appeal</u>	<u>*Ext. Upper Warm-Up Locked and Loaded (OR Back In Action) +Pure Core</u>	<u>*Ext. Lower Warm-Up Max Deep</u>	<u>*Ext Upper & Lower Warm-Ups Burn Notice</u>	<u>REST Or Flex Appeal</u>	<u>*Ext. Upper Warm-Up Locked and Loaded +Pure Core</u>	<u>*Ext. Lower Warm-Up Buns and Buns +Flex Appeal</u>
<u>*Ext. Upper & Lower Warm-Ups Burn Notice</u>	<u>*Ext. Upper Warm-Up Locked and Loaded (OR Back In Action) +Pure Core</u>					

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MONTH 3

<u>*Ext. Lower Warm-Up Buns and Buns</u>	<u>*Ext Upper & Lower Warm-Ups Burn Notice</u>	<u>REST Or Flex Appeal</u>	<u>*Ext. Upper Warm-Up Locked and Loaded +Pure Core</u>	<u>*Ext. Lower Warm-Up Max Deep +Flex Appeal</u>	<u>*Ext Upper & Lower Warm-Ups Burn Notice</u>	<u>*Ext. Upper Warm-Up Locked and Loaded (OR Back In Action) +Pure Core</u>
<u>*Ext. Lower Warm-Up Buns and Buns +Flex Appeal</u>	<u>*Ext Upper & Lower Warm-Ups Burn Notice</u>	<u>REST Or Flex Appeal</u>	<u>*Ext. Upper Warm-Up Locked and Loaded +Pure Core</u>	<u>*Ext. Lower Warm-Up Max Deep</u>	<u>*Ext Upper & Lower Warm-Ups Burn Notice +Flex Appeal</u>	<u>*Ext. Upper Warm-Up Locked and Loaded (OR Back In Action) +Pure Core</u>
<u>*Ext. Lower Warm-Up Buns and Buns</u>	<u>*Ext Upper & Lower Warm-Ups Burn Notice</u>	<u>REST Or Flex Appeal</u>	<u>*Ext. Upper Warm-Up Locked and Loaded +Pure Core</u>	<u>*Ext. Lower Warm-Up Max Deep +Flex Appeal</u>	<u>*Ext Upper & Lower Warm-Ups Burn Notice</u>	<u>*Ext. Upper Warm-Up Locked and Loaded (OR Back In Action) +Pure Core</u>
<u>*Ext. Lower Warm-Up Buns and Buns +Flex Appeal</u>	<u>*Ext. Upper Warm-Up Locked and Loaded +Pure Core</u>	<u>REST Or Flex Appeal</u>	<u>*Ext. Lower Warm-Up Max Deep +Pure Core</u>	<u>*Ext Upper & Lower Warm-Ups Burn Notice</u>	<u>REST Or Flex Appeal</u>	<u>*Ext Upper & Lower Warm-Ups Burn Notice +Pure Core</u>
<u>REST Or Flex Appeal</u>	<u>*Ext Upper & Lower Warm-Ups Burn Notice +Pure Core</u>					

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