



WORKOUT

CALENDAR

WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Cross Core Combat	Strength & Force Upper + Ultimate Abs	Plyo XT	Yoga XT	Legs & Back	Spread & Brawl	Rest Day

WEEK 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Competition Core	Strength & Force Upper + Ultimate Abs	Plyo XT	Yoga XT	Legs & Back	Cardio XT + Ultimate Abs	Rest Day

WEEK 3

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Cross Core Combat	Strength & Force Upper + Ultimate Abs	Plyo XT	Yoga XT	Legs & Back	Spread & Brawl	Rest Day

WEEK 4

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Competition Core	Burn & Burn + Ultimate Abs	Muay Thai	Yoga XT	Spread & Brawl	Cardio XT + Ultimate Abs	Rest Day

WEEK 5

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Plyo XT	Ripped Conditioning + Ultimate Abs	Muay Thai	Yoga XT	Legs & Back	Cardio XT + Ultimate Abs	Rest Day

WEEK 6

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Plyo XT	Ripped Conditioning + Ultimate Abs	Cross Core Combat	Yoga XT	Burn & Burn + Ultimate Abs	Spread & Brawl	Rest Day

WEEK 7

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Plyo XT	Ripped Conditioning + Ultimate Abs	Muay Thai	Yoga XT	Legs & Back	Cardio XT + Ultimate Abs	Rest Day

WEEK 8

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Competition Core	Yoga XT	Spread & Brawl	Burn & Burn + Ultimate Abs	Yoga XT	Cardio XT + Ultimate Abs	Rest Day

WEEK 9

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Spread & Brawl	Strength & Force Upper + Ultimate Abs	Plyo XT	Yoga XT	Legs & Back	Cross Core Combat	Rest Day

WEEK 10

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Competition Core	Ripped Conditioning + Ultimate Abs	Plyo XT	Yoga XT	Cardio XT + Ultimate Abs	Muay Thai	Rest Day

WEEK 11

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Plyo XT	Strength & Force Upper + Ultimate Abs	Cross Core Combat	Yoga XT	Legs & Back	Spread & Brawl	Rest Day

WEEK 12

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Muay Thai	Burn & Burn + Ultimate Abs	Plyo XT	Competition Core	Spread & Brawl	Cardio XT + Ultimate Abs	



YOUR NEW
BODY

Tapout Calendar And Nutrition Guide

R Sanford



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