



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

Annelies Wilder-Smith

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Table of Contents Tapout Calendar And Nutrition Guide

1. Understanding the eBook Tapout Calendar And Nutrition Guide
 - The Rise of Digital Reading Tapout Calendar And Nutrition Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Tapout Calendar And Nutrition Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Tapout Calendar And Nutrition Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Tapout Calendar And Nutrition Guide
 - Personalized Recommendations
 - Tapout Calendar And Nutrition Guide User Reviews and Ratings
 - Tapout Calendar And Nutrition Guide and Bestseller Lists
5. Accessing Tapout Calendar And Nutrition Guide Free and Paid eBooks
 - Tapout Calendar And Nutrition Guide Public Domain eBooks
 - Tapout Calendar And Nutrition Guide eBook Subscription Services
 - Tapout Calendar And Nutrition Guide Budget-Friendly Options
6. Navigating Tapout Calendar And Nutrition Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Tapout Calendar And Nutrition Guide Compatibility with Devices
 - Tapout Calendar And Nutrition Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Tapout Calendar And Nutrition Guide
 - Highlighting and Note-Taking Tapout Calendar And Nutrition Guide
 - Interactive Elements Tapout Calendar And Nutrition Guide
8. Staying Engaged with Tapout Calendar And Nutrition Guide

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Tapout Calendar And Nutrition Guide
- 9. Balancing eBooks and Physical Books Tapout Calendar And Nutrition Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Tapout Calendar And Nutrition Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Tapout Calendar And Nutrition Guide
 - Setting Reading Goals Tapout Calendar And Nutrition Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Tapout Calendar And Nutrition Guide
 - Fact-Checking eBook Content of Tapout Calendar And Nutrition Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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