

# BETA PHASE

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	CORE CARDIO	SPEED 2.0	RIP'T CIRCUIT	DYNAMIC CORE	UPPER FOCUS CORE CARDIO	REST	STRETCH
WEEK 2	DYNAMIC CORE	CORE CARDIO	RIP'T CIRCUIT	UPPER FOCUS	RIP'T CIRCUIT SPEED 2.0	REST	STRETCH
WEEK 3	CORE CARDIO	UPPER FOCUS	SPEED 2.0	RIP'T CIRCUIT	DYNAMIC CORE SPEED 2.0	REST	STRETCH
WEEK 4	RIP'T CIRCUIT	DYNAMIC CORE	CORE CARDIO	DYNAMIC CORE	SPEED 2.0 UPPER FOCUS	REST	STRETCH
WEEK 5	RIP'T CIRCUIT	CORE CARDIO	RIP'T CIRCUIT	DYNAMIC CORE	RIP'T CIRCUIT SPEED 2.0	REST	STRETCH

