

TIER I CARDIO AND MUSCULAR ENDURANCE			
DAY 1	Upper Deck: Upper Body + Washboard		
DAY 2	The Surge: Plyo/Cardio		
DAY 3	The Cage: Abs/Core		
DAY 4	The Cellar: Legs		
DAY 5	Cardio Carve: Full Body Cardio & Resistance		
DAY 6	The Equalizer: Isometrics & Stretch		
DAY 7	Rest		
DAY 8	Upper Deck: Upper Body + Washboard		
DAY 9	The Surge: Plyo/Cardio		
DAY 10	The Cage: Abs/Core		
DAY 11	The Cellar: Legs		
DAY 12	Cardio Carve: Full Body Cardio & Resistance		
DAY 13	The Equalizer: Isometrics & Stretch		
DAY 14	Rest		
DAY 15	Upper Deck: Upper Body + Washboard		
DAY 16	The Surge: Plyo/Cardio		
DAY 17	The Cage: Abs/Core		
DAY 18	The Cellar: Legs		
DAY 19	Cardio Carve: Full Body Cardio & Resistance		
DAY 20	The Equalizer: Isometrics & Stretch or Rest		
TIER II STRENGTH AND MUSCLE BUILDING			
DAY 21	The T-Zone: Chest and Shoulders + Washboard		
DAY 22	The Foundation: Legs		
DAY 23	V6: Back and Abs		
DAY 24	Cardio Carve 2		
DAY 25	The Pipes: Arms + Washboard		
DAY 26	The Equalizer: Isometrics & Stretch		
DAY 27	Rest		
DAY 28	The T-Zone: Chest and Shoulders + Washboard		
DAY 29	The Foundation: Legs		
DAY 30	V6: Back and Abs		
DAY 31	Cardio Carve 2		
DAY 32	The Pipes: Arms + Washboard		
DAY 33	The Equalizer: Isometrics & Stretch		
DAY 34	Rest		
DAY 35	The T-Zone: Chest and Shoulders + Washboard		
DAY 36	The Foundation: Legs		
DAY 37	V6: Back and Abs		
DAY 38	Cardio Carve 2		
DAY 39	The Pipes: Arms + Washboard		
DAY 40	The Equalizer: Isometrics & Stretch or Rest		
TIER III SHRED AND CARVE			
DAY 41	Thorax Attack: Chest and Cardio + Washboard		
DAY 42	The Last Stand: Legs and Cardio		
DAY 43	Back Breacher: Back and Cardio		
DAY 44	Delta: Shoulders and Cardio + Washboard		
DAY 45	Joint Chiefs: Arms and Cardio		
DAY 46	The Equalizer: Isometrics & Stretch		
DAY 47	Rest		
DAY 48	Thorax Attack: Chest and Cardio + Washboard		
DAY 49	The Last Stand: Legs and Cardio		
DAY 50	Back Breacher: Back and Cardio		
DAY 51	Delta: Shoulders and Cardio + Washboard		
DAY 52	Joint Chiefs: Arms and Cardio		
DAY 53	The Equalizer: Isometrics & Stretch		
DAY 54	Rest		
DAY 55	Thorax Attack: Chest and Cardio + Washboard		
DAY 56	The Last Stand: Legs and Cardio		
DAY 57	Back Breacher: Back and Cardio		
DAY 58	Delta: Shoulders and Cardio + Washboard		
DAY 59	Joint Chiefs: Arms and Cardio		
DAY 60	The Equalizer: Isometrics & Stretch		