## **THE CALENDAR**

**21 DAY FIX EXTREME** has one workout for every day of the week. Each workout is designed to utilize multiple muscle groups simultaneously, giving you a more comprehensive workout. The breakdown works like this:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLYO FIX	UPPER FIX	PILATES FIX		CARDIO FIX	DIRTY 30	YOGA FIX
EXTREME	EXTREME	EXTREME		EXTREME	EXTREME	EXTREME

Two additional workouts from the **Ultimate Kit** and a **Bonus Workout** can be rotated into the calendar for greater variety and faster results.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLYO FIX EXTREME OR POWER STRENGTH EXTREME*	UPPER FIX EXTREME AND 10 MIN HARDCORE	PILATES FIX EXTREME	LOWER FIX EXTREME AND 10 MIN HARDCORE	CARDIO FIX EXTREME	DIRTY 30 EXTREME OR ABC EXTREME*	YOGA FIX EXTREME

\* POWER STRENGTH EXTREME and ABC EXTREME are part of the 21 Day Fix EXTREME Ultimate Kit. To purchase, contact your Coach, or visit TeamBeachbody.com or FixExtremeUltimate.com.

Fix EXTREME does not contain a "doubles" calendar because if you're pushing yourself to the limit, using correct resistance and intensity, 30 minutes should leave your muscles and cardiovascular system fully taxed after every workout. Also, more than one workout a day may cause overtraining, joint stress, and eventually, injury.