

60-DAY CALENDAR

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	CHISEL BALANCE	HAMMER PLYOMETRICS <i>or optional:</i> THE MASTER'S CARDIO**	ISO STRENGTH CHISEL	DAY OFF	ISO SPEED HAMMER	CHISEL ENDURANCE	TOTAL BODY HAMMER <i>and</i> 10 MIN AB HAMMER
2	CHISEL CARDIO	MAX HAMMER STRENGTH <i>or optional:</i> HAMMER BUILD UP*	CHISEL AGILITY <i>or optional:</i> THE MASTER'S CARDIO** <i>and optional:</i> 15 MIN GLUTE CHISEL*	DAY OFF	HAMMER POWER	CHISEL BALANCE <i>or optional:</i> POWER CHISEL* <i>and</i> 10 MIN AB CHISEL	HAMMER CONDITIONING <i>and optional:</i> 15 MIN LEG HAMMER*
3	TOTAL BODY HAMMER <i>and optional:</i> 15 MIN LEG HAMMER*	CHISEL AGILITY <i>or optional:</i> THE MASTER'S CARDIO**	MAX HAMMER STRENGTH <i>and</i> 10 MIN AB HAMMER	DAY OFF	TOTAL BODY CHISEL <i>and</i> 10 MIN AB CHISEL	HAMMER PLYOMETRICS <i>or optional:</i> THE MASTER'S CARDIO**	ISO STRENGTH CHISEL <i>and optional:</i> 15 MIN GLUTE CHISEL*
4	CHISEL BALANCE <i>or optional:</i> POWER CHISEL* <i>and</i> 10 MIN AB CHISEL	MAX HAMMER STRENGTH	CHISEL CARDIO <i>and optional:</i> 15 MIN GLUTE CHISEL*	DAY OFF	ISO SPEED HAMMER <i>or optional:</i> HAMMER BUILD UP* <i>and optional:</i> 15 MIN LEG HAMMER*	CHISEL AGILITY <i>or optional:</i> THE MASTER'S CARDIO**	HAMMER POWER <i>and</i> 10 MIN AB HAMMER
5	TOTAL BODY CHISEL <i>and</i> 10 MIN AB CHISEL	HAMMER POWER <i>and</i> 10 MIN AB HAMMER	CHISEL BALANCE <i>and optional:</i> 15 MIN GLUTE CHISEL*	DAY OFF	ISO SPEED HAMMER <i>and optional:</i> 15 MIN LEG HAMMER*	CHISEL ENDURANCE <i>or optional:</i> POWER CHISEL*	TOTAL BODY HAMMER <i>or optional:</i> HAMMER BUILD UP*
6	CHISEL AGILITY <i>or optional:</i> THE MASTER'S CARDIO** <i>and optional:</i> 15 MIN GLUTE CHISEL*	HAMMER CONDITIONING <i>and</i> 10 MIN AB HAMMER	CHISEL CARDIO <i>or optional:</i> POWER CHISEL*	DAY OFF	HAMMER POWER	CHISEL BALANCE <i>and</i> 10 MIN AB CHISEL	MAX HAMMER STRENGTH <i>or optional:</i> HAMMER BUILD UP* <i>and optional:</i> 15 MIN LEG HAMMER*
7	TOTAL BODY CHISEL <i>and</i> 10 MIN AB CHISEL	ISO SPEED HAMMER <i>and optional:</i> 15 MIN LEG HAMMER*	ISO STRENGTH CHISEL	DAY OFF	HAMMER CONDITIONING	CHISEL CARDIO <i>and optional:</i> 15 MIN GLUTE CHISEL*	TOTAL BODY HAMMER <i>and</i> 10 MIN AB HAMMER
8	CHISEL ENDURANCE <i>and</i> 10 MIN AB CHISEL	MAX HAMMER STRENGTH <i>or optional:</i> HAMMER BUILD UP* <i>and optional:</i> 15 MIN LEG HAMMER*	CHISEL CARDIO <i>and optional:</i> 15 MIN GLUTE CHISEL*	DAY OFF	HAMMER PLYOMETRICS <i>or optional:</i> THE MASTER'S CARDIO** <i>and optional:</i> 15 MIN LEG HAMMER*	TOTAL BODY CHISEL <i>or optional:</i> POWER CHISEL* <i>and optional:</i> 15 MIN GLUTE CHISEL*	HAMMER POWER <i>and</i> 10 MIN AB HAMMER

*HAMMER BUILD UP, POWER CHISEL, 15 MIN LEG HAMMER, and 15 MIN GLUTE CHISEL are part of the DELUXE KIT. If you purchased a DELUXE KIT, you can incorporate these workouts on the specified days.

**THE MASTER'S CARDIO is a TEAM BEACHBODY[®] EXCLUSIVE WORKOUT and can be used to replace HAMMER PLYOMETRICS and/or CHISEL AGILITY on their scheduled days, if you have limited time.

CALENDARIO DE 60 DÍAS

SEMANA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
1	CHISEL BALANCE	HAMMER PLYOMETRICS <i>u opcional:</i> THE MASTER'S CARDIO**	ISO STRENGTH CHISEL	DÍA LIBRE	ISO SPEED HAMMER	CHISEL ENDURANCE	TOTAL BODY HAMMER y 10 MIN AB HAMMER
2	CHISEL CARDIO	MAX HAMMER STRENGTH <i>u opcional:</i> HAMMER BUILD UP*	CHISEL AGILITY <i>u opcional:</i> THE MASTER'S CARDIO** y opcional: 15 MIN GLUTE CHISEL*	DÍA LIBRE	HAMMER POWER	CHISEL BALANCE <i>u opcional:</i> POWER CHISEL* y 10 MIN AB CHISEL	HAMMER CONDITIONING <i>y opcional:</i> 15 MIN LEG HAMMER*
3	TOTAL BODY HAMMER <i>y opcional:</i> 15 MIN LEG HAMMER*	CHISEL AGILITY <i>u opcional:</i> THE MASTER'S CARDIO**	MAX HAMMER STRENGTH y 10 MIN AB HAMMER	DÍA LIBRE	TOTAL BODY CHISEL y 10 MIN AB CHISEL	HAMMER PLYOMETRICS <i>u opcional:</i> THE MASTER'S CARDIO**	ISO STRENGTH CHISEL <i>y opcional:</i> 15 MIN GLUTE CHISEL*
4	CHISEL BALANCE <i>u opcional:</i> POWER CHISEL* y 10 MIN AB CHISEL	MAX HAMMER STRENGTH	CHISEL CARDIO <i>y opcional:</i> 15 MIN GLUTE CHISEL*	DÍA LIBRE	ISO SPEED HAMMER <i>u opcional:</i> HAMMER BUILD UP* y opcional: 15 MIN LEG HAMMER*	CHISEL AGILITY <i>u opcional:</i> THE MASTER'S CARDIO**	HAMMER POWER y 10 MIN AB HAMMER
5	TOTAL BODY CHISEL y 10 MIN AB CHISEL	HAMMER POWER y 10 MIN AB HAMMER	CHISEL BALANCE <i>y opcional:</i> 15 MIN GLUTE CHISEL*	DÍA LIBRE	ISO SPEED HAMMER <i>y opcional:</i> 15 MIN LEG HAMMER*	CHISEL ENDURANCE <i>u opcional:</i> POWER CHISEL*	TOTAL BODY HAMMER <i>u opcional:</i> HAMMER BUILD UP*
6	CHISEL AGILITY <i>u opcional:</i> THE MASTER'S CARDIO** <i>y opcional:</i> 15 MIN GLUTE CHISEL*	HAMMER CONDITIONING y 10 MIN AB HAMMER	CHISEL CARDIO <i>u opcional:</i> POWER CHISEL*	DÍA LIBRE	HAMMER POWER	CHISEL BALANCE y 10 MIN AB CHISEL	MAX HAMMER STRENGTH <i>u opcional:</i> HAMMER BUILD UP* <i>y opcional:</i> 15 MIN LEG HAMMER*
7	TOTAL BODY CHISEL y 10 MIN AB CHISEL	ISO SPEED HAMMER <i>y opcional:</i> 15 MIN LEG HAMMER*	ISO STRENGTH CHISEL	DÍA LIBRE	HAMMER CONDITIONING	CHISEL CARDIO <i>y opcional:</i> 15 MIN GLUTE CHISEL*	TOTAL BODY HAMMER y 10 MIN AB HAMMER
8	CHISEL ENDURANCE y 10 MIN AB CHISEL	MAX HAMMER STRENGTH <i>u opcional:</i> HAMMER BUILD UP* <i>y opcional:</i> 15 MIN LEG HAMMER*	CHISEL CARDIO <i>y opcional:</i> 15 MIN GLUTE CHISEL*	DÍA LIBRE	HAMMER PLYOMETRICS <i>u opcional:</i> THE MASTER'S CARDIO** <i>y opcional:</i> 15 MIN LEG HAMMER*	TOTAL BODY CHISEL <i>u opcional:</i> POWER CHISEL* <i>y opcional:</i> 15 MIN GLUTE CHISEL*	HAMMER POWER y 10 MIN AB HAMMER

* HAMMER BUILD UP, POWER CHISEL, 15 MIN LEG HAMMER y 15 MIN GLUTE CHISEL son parte del PAQUETE DELUXE. Si compraste un PAQUETE DELUXE, puedes agregar estas rutinas en los días especificados.

** THE MASTER'S CARDIO es una rutina exclusiva de TEAM BEACHBODY® y la puedes usar para reemplazar HAMMER PLYOMETRICS y/o CHISEL AGILITY en los días en que están programados si tienes poco tiempo.

CALENDRIER DE 60 JOURS

SEMAINE	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
1	CHISEL BALANCE	HAMMER PLYOMETRICS <i>ou facultatif :</i> THE MASTER'S CARDIO**	ISO STRENGTH CHISEL	JOUR DE REPOS	ISO SPEED HAMMER	CHISEL ENDURANCE	TOTAL BODY HAMMER <i>et</i> 10 MIN AB HAMMER
2	CHISEL CARDIO	MAX HAMMER STRENGTH <i>ou facultatif :</i> HAMMER BUILD UP*	CHISEL AGILITY <i>ou facultatif :</i> THE MASTER'S CARDIO** <i>et facultatif :</i> 15 MIN GLUTE CHISEL*	JOUR DE REPOS	HAMMER POWER	CHISEL BALANCE <i>ou facultatif :</i> POWER CHISEL* <i>et</i> 10 MIN AB CHISEL	HAMMER CONDITIONING <i>et facultatif :</i> 15 MIN LEG HAMMER*
3	TOTAL BODY HAMMER <i>et facultatif :</i> 15 MIN LEG HAMMER*	CHISEL AGILITY <i>ou facultatif :</i> THE MASTER'S CARDIO**	MAX HAMMER STRENGTH <i>et</i> 10 MIN AB HAMMER	JOUR DE REPOS	TOTAL BODY CHISEL <i>et</i> 10 MIN AB CHISEL	HAMMER PLYOMETRICS <i>ou facultatif :</i> THE MASTER'S CARDIO**	ISO STRENGTH CHISEL <i>et facultatif :</i> 15 MIN GLUTE CHISEL*
4	CHISEL BALANCE <i>ou facultatif :</i> POWER CHISEL* <i>et</i> 10 MIN AB CHISEL	MAX HAMMER STRENGTH	CHISEL CARDIO <i>et facultatif :</i> 15 MIN GLUTE CHISEL*	JOUR DE REPOS	ISO SPEED HAMMER <i>ou facultatif :</i> HAMMER BUILD UP* <i>et facultatif :</i> 15 MIN LEG HAMMER*	CHISEL AGILITY <i>ou facultatif :</i> THE MASTER'S CARDIO**	HAMMER POWER <i>et</i> 10 MIN AB HAMMER
5	TOTAL BODY CHISEL <i>et</i> 10 MIN AB CHISEL	HAMMER POWER <i>et</i> 10 MIN AB HAMMER	CHISEL BALANCE <i>et facultatif :</i> 15 MIN GLUTE CHISEL*	JOUR DE REPOS	ISO SPEED HAMMER <i>et facultatif :</i> 15 MIN LEG HAMMER*	CHISEL ENDURANCE <i>ou facultatif :</i> POWER CHISEL*	TOTAL BODY HAMMER <i>ou facultatif :</i> HAMMER BUILD UP*
6	CHISEL AGILITY <i>ou facultatif :</i> THE MASTER'S CARDIO** <i>et facultatif :</i> 15 MIN GLUTE CHISEL*	HAMMER CONDITIONING <i>et</i> 10 MIN AB HAMMER	CHISEL CARDIO <i>ou facultatif :</i> POWER CHISEL*	JOUR DE REPOS	HAMMER POWER	CHISEL BALANCE <i>et</i> 10 MIN AB CHISEL	MAX HAMMER STRENGTH <i>ou facultatif :</i> HAMMER BUILD UP* <i>et facultatif :</i> 15 MIN LEG HAMMER*
7	TOTAL BODY CHISEL <i>et</i> 10 MIN AB CHISEL	ISO SPEED HAMMER <i>et facultatif :</i> 15 MIN LEG HAMMER*	ISO STRENGTH CHISEL	JOUR DE REPOS	HAMMER CONDITIONING	CHISEL CARDIO <i>et facultatif :</i> 15 MIN GLUTE CHISEL*	TOTAL BODY HAMMER <i>et</i> 10 MIN AB HAMMER
8	CHISEL ENDURANCE <i>et</i> 10 MIN AB CHISEL	MAX HAMMER STRENGTH <i>ou facultatif :</i> HAMMER BUILD UP* <i>et facultatif :</i> 15 MIN LEG HAMMER*	CHISEL CARDIO <i>et facultatif :</i> 15 MIN GLUTE CHISEL*	JOUR DE REPOS	HAMMER PLYOMETRICS <i>ou facultatif :</i> THE MASTER'S CARDIO** <i>et facultatif :</i> 15 MIN LEG HAMMER*	TOTAL BODY CHISEL <i>ou facultatif :</i> POWER CHISEL* <i>et facultatif :</i> 15 MIN GLUTE CHISEL*	HAMMER POWER <i>et</i> 10 MIN AB HAMMER

*HAMMER BUILD UP, POWER CHISEL, 15 MIN LEG HAMMER, et 15 MIN GLUTE CHISEL font partie de la TROUSSE DE LUXE. Si vous avez acheté une TROUSSE DE LUXE, vous pouvez intégrer ces séances d'entraînement aux jours indiqués.

**THE MASTER'S CARDIO est une séance d'entraînement exclusive de TEAM BEACHBODY® et peut être utilisée pour remplacer HAMMER PLYOMETRICS et/ou CHISEL AGILITY les jours prévus pour ces séances, si vous manquez de temps.