

TAKE "BEFORE" PHOTOS,  
BODY MEASUREMENTS,  
AND FIT TEST.

▶ <b>START</b> TOTAL SYNERGISTICS	<b>1</b>	<b>2</b> AGILITY X	<b>3</b> X3 YOGA	<b>4</b> THE CHALLENGE	<b>5</b> CVX	<b>6</b> THE WARRIOR	<b>7</b> REST OR DYNAMIX
DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>

TOTAL SYNERGISTICS	<b>8</b>	<b>9</b> AGILITY X	<b>10</b> X3 YOGA	<b>11</b> THE CHALLENGE	<b>12</b> CVX	<b>13</b> THE WARRIOR	<b>14</b> REST OR DYNAMIX
DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>

TOTAL SYNERGISTICS	<b>15</b>	<b>16</b> AGILITY X	<b>17</b> X3 YOGA	<b>18</b> THE CHALLENGE	<b>19</b> CVX	<b>20</b> THE WARRIOR	<b>21</b> REST OR DYNAMIX
DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>

<b>22</b> ISOMETRIX	<b>23</b> DYNAMIX	<b>24</b> ACCELERATOR	<b>25</b> PILATES X	<b>26</b> CVX	<b>27</b> X3 YOGA	<b>28</b> REST OR DYNAMIX
T R A N S I T I O N   W E E K						▶ TAKE PHOTOS AND BODY MEASUREMENTS
DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>

▶ NOTES

MARK AN X  
WHEN YOU FINISH  
A WORKOUT.

<b>29</b> ECCENTRIC UPPER	<b>30</b> TRIOMETRICS	<b>31</b> X3 YOGA	<b>32</b> ECCENTRIC LOWER	<b>33</b> INCINERATOR	<b>34</b> MMX	<b>35</b> REST OR DYNAMIX
DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>

<b>36</b> ECCENTRIC UPPER	<b>37</b> TRIOMETRICS	<b>38</b> X3 YOGA	<b>39</b> ECCENTRIC LOWER	<b>40</b> INCINERATOR	<b>41</b> MMX	<b>42</b> REST OR DYNAMIX
DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>

<b>43</b> ECCENTRIC UPPER	<b>44</b> TRIOMETRICS	<b>45</b> X3 YOGA	<b>46</b> ECCENTRIC LOWER	<b>47</b> INCINERATOR	<b>48</b> MMX	<b>49</b> REST OR DYNAMIX
DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>

<b>50</b> ISOMETRIX	<b>51</b> DYNAMIX	<b>52</b> ACCELERATOR	<b>53</b> PILATES X	<b>54</b> CVX	<b>55</b> X3 YOGA	<b>56</b> REST OR DYNAMIX
<b>T R A N S I T I O N    W E E K</b>						▶ TAKE PHOTOS AND BODY MEASUREMENTS
DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>

▶ NOTES

CONSULT THE FITNESS GUIDE  
ON HOW TO FINISH STRONG  
AND GET YOUR BEST RESULTS.

<b>57</b> DECELERATOR	<b>58</b> AGILITY X	<b>59</b> THE CHALLENGE or COMPLEX UPPER	<b>60</b> X3 YOGA	<b>61</b> TRIOMETRICS	<b>62</b> TOTAL SYNERGISTICS or COMPLEX LOWER	<b>63</b> REST OR DYNAMIX
DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>

<b>64</b> DECELERATOR	<b>65</b> MMX	<b>66</b> ECCENTRIC UPPER	<b>67</b> TRIOMETRICS	<b>68</b> PILATES X	<b>69</b> ECCENTRIC LOWER	<b>70</b> REST OR DYNAMIX
DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>

<b>71</b> DECELERATOR	<b>72</b> AGILITY X	<b>73</b> THE CHALLENGE or COMPLEX UPPER	<b>74</b> X3 YOGA	<b>75</b> TRIOMETRICS	<b>76</b> TOTAL SYNERGISTICS or COMPLEX LOWER	<b>77</b> REST OR DYNAMIX
DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>

<b>78</b> DECELERATOR	<b>79</b> MMX	<b>80</b> ECCENTRIC UPPER	<b>81</b> TRIOMETRICS	<b>82</b> PILATES X	<b>83</b> ECCENTRIC LOWER	<b>84</b> REST OR DYNAMIX
DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>

<b>85</b> ISOMETRIX	<b>86</b> ACCELERATOR	<b>87</b> PILATES X	<b>88</b> X3 YOGA	<b>89</b> DYNAMIX	<b>90</b> REST OR DYNAMIX	<b>FINAL FIT TEST</b>
<b>V I C T O R Y   W E E K</b>						▶ TAKE "AFTER" PHOTOS AND BODY MEASUREMENTS
DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	DIET Y <input type="checkbox"/> N <input type="checkbox"/>	

**CLASSIC**

**WEEKS 1 - 3**

- DAY 1 - TOTAL SYNERGISTICS
- DAY 2 - AGILITY X
- DAY 3 - X3 YOGA
- DAY 4 - THE CHALLENGE
- DAY 5 - CVX
- DAY 6 - THE WARRIOR
- DAY 7 - REST OR DYNAMIX

**WEEK 4 - TRANSITION**

- DAY 1 - ISOMETRIX
- DAY 2 - DYNAMIX
- DAY 3 - ACCELERATOR
- DAY 4 - PILATES X
- DAY 5 - CVX
- DAY 6 - X3 YOGA
- DAY 7 - REST OR DYNAMIX

**MASS**

**WEEKS 1 - 3**

- DAY 1 - TOTAL SYNERGISTICS
- DAY 2 - AGILITY X
- DAY 3 - X3 YOGA
- DAY 4 - THE CHALLENGE
- DAY 5 - PILATES X
- DAY 6 - INCINERATOR
- DAY 7 - REST OR DYNAMIX

**WEEK 4 - TRANSITION**

- DAY 1 - ISOMETRIX
- DAY 2 - DYNAMIX
- DAY 3 - THE WARRIOR
- DAY 4 - PILATES X
- DAY 5 - AGILITY X
- DAY 6 - X3 YOGA
- DAY 7 - REST OR DYNAMIX

**LEAN**

**WEEKS 1 - 3**

- DAY 1 - ACCELERATOR
- DAY 2 - THE WARRIOR
- DAY 3 - X3 YOGA
- DAY 4 - CVX
- DAY 5 - ISOMETRIX
- DAY 6 - AGILITY X
- DAY 7 - REST OR DYNAMIX

**WEEK 4 - TRANSITION**

- DAY 1 - ISOMETRIX
- DAY 2 - DYNAMIX
- DAY 3 - ACCELERATOR
- DAY 4 - PILATES X
- DAY 5 - AGILITY X
- DAY 6 - X3 YOGA
- DAY 7 - REST OR DYNAMIX

**DOUBLES**

**WEEKS 1 - 3**

- DAY 1 - TOTAL SYNERGISTICS & COLD START
- DAY 2 - AGILITY X & DYNAMIX
- DAY 3 - X3 YOGA
- DAY 4 - THE CHALLENGE & COLD START
- DAY 5 - CVX & DYNAMIX
- DAY 6 - THE WARRIOR
- DAY 7 - REST OR DYNAMIX

**WEEK 4 - TRANSITION**

- DAY 1 - ISOMETRIX
- DAY 2 - DYNAMIX
- DAY 3 - ACCELERATOR
- DAY 4 - PILATES X
- DAY 5 - AGILITY X
- DAY 6 - X3 YOGA
- DAY 7 - REST OR DYNAMIX

# BLOCK 2

## **CLASSIC**

**WEEKS 5 - 7**

DAY 1 - ECCENTRIC UPPER

DAY 2 - TRIOMETRICS

DAY 3 - X3 YOGA

DAY 4 - ECCENTRIC LOWER

DAY 5 - INCINERATOR

DAY 6 - MMX

DAY 7 - REST OR DYNAMIX

**WEEK 8 - TRANSITION**

DAY 1 - ISOMETRIX

DAY 2 - DYNAMIX

DAY 3 - ACCELERATOR

DAY 4 - PILATES X

DAY 5 - CVX

DAY 6 - X3 YOGA

DAY 7 - REST OR DYNAMIX

## **MASS**

**WEEKS 5 - 7**

DAY 1 - ECCENTRIC UPPER

DAY 2 - ECCENTRIC LOWER

DAY 3 - X3 YOGA

DAY 4 - ECCENTRIC UPPER

DAY 5 - ECCENTRIC LOWER

DAY 6 - MMX

DAY 7 - REST OR DYNAMIX

**WEEK 8 - TRANSITION**

DAY 1 - ISOMETRIX

DAY 2 - DYNAMIX

DAY 3 - THE WARRIOR

DAY 4 - PILATES X

DAY 5 - DECELERATOR

DAY 6 - X3 YOGA

DAY 7 - REST OR DYNAMIX

## **LEAN**

**WEEKS 5 - 7**

DAY 1 - TRIOMETRICS

DAY 2 - THE WARRIOR

DAY 3 - X3 YOGA

DAY 4 - MMX

DAY 5 - INCINERATOR

DAY 6 - CVX

DAY 7 - REST OR DYNAMIX

**WEEK 8 - TRANSITION**

DAY 1 - ISOMETRIX

DAY 2 - DYNAMIX

DAY 3 - ACCELERATOR

DAY 4 - PILATES X

DAY 5 - AGILITY X

DAY 6 - X3 YOGA

DAY 7 - REST OR DYNAMIX

## **DOUBLES**

**WEEKS 5 - 7**

DAY 1 - ECCENTRIC UPPER &  
ACCELERATOR

DAY 2 - TRIOMETRICS & DYNAMIX

DAY 3 - X3 YOGA

DAY 4 - ECCENTRIC LOWER & CVX

DAY 5 - INCINERATOR & ISOMETRIX

DAY 6 - MMX & DYNAMIX

DAY 7 - REST OR DYNAMIX

**WEEK 8 - TRANSITION**

DAY 1 - ISOMETRIX

DAY 2 - DYNAMIX

DAY 3 - ACCELERATOR

DAY 4 - PILATES X

DAY 5 - AGILITY X & DYNAMIX

DAY 6 - X3 YOGA

DAY 7 - REST OR DYNAMIX

# BLOCK 3

## **CLASSIC**

**WEEKS 9 AND 11**

DAY 1 – DECELERATOR  
 DAY 2 – AGILITY X  
 DAY 3 – THE CHALLENGE OR  
 COMPLEX UPPER  
 DAY 4 – X3 YOGA  
 DAY 5 – TRIOMETRICS  
 DAY 6 – TOTAL SYNERGISTICS OR  
 COMPLEX LOWER  
 DAY 7 – REST OR DYNAMIX

**WEEKS 10 AND 12**

DAY 1 – DECELERATOR  
 DAY 2 – MMX  
 DAY 3 – ECCENTRIC UPPER  
 DAY 4 – TRIOMETRICS  
 DAY 5 – PILATES X  
 DAY 6 – ECCENTRIC LOWER  
 DAY 7 – REST OR DYNAMIX

**WEEK 13 – VICTORY WEEK**

DAY 1 – ISOMETRIX  
 DAY 2 – ACCELERATOR  
 DAY 3 – PILATES X  
 DAY 4 – X3 YOGA  
 DAY 5 – DYNAMIX  
 DAY 6 – REST OR DYNAMIX  
 DAY 7 – FINAL FIT TEST &  
 PHOTO SHOOT

## **LEAN**

**WEEKS 9 AND 11**

DAY 1 – DECELERATOR  
 DAY 2 – MMX  
 DAY 3 – ECCENTRIC LOWER OR  
 COMPLEX LOWER  
 DAY 4 – X3 YOGA  
 DAY 5 – TRIOMETRICS  
 DAY 6 – ECCENTRIC UPPER OR  
 COMPLEX UPPER  
 DAY 7 – REST OR DYNAMIX

**WEEKS 10 AND 12**

DAY 1 – MMX  
 DAY 2 – DECELERATOR  
 DAY 3 – TRIOMETRICS  
 DAY 4 – PILATES X  
 DAY 5 – DECELERATOR  
 DAY 6 – CVX  
 DAY 7 – REST OR DYNAMIX

**WEEK 13 – VICTORY WEEK**

DAY 1 – ISOMETRIX  
 DAY 2 – ACCELERATOR  
 DAY 3 – PILATES X  
 DAY 4 – X3 YOGA  
 DAY 5 – DYNAMIX  
 DAY 6 – REST OR DYNAMIX  
 DAY 7 – FINAL FIT TEST &  
 PHOTO SHOOT

## **MASS**

**WEEKS 9 AND 11**

DAY 1 – ECCENTRIC UPPER  
 DAY 2 – ECCENTRIC LOWER  
 DAY 3 – X3 YOGA  
 DAY 4 – ECCENTRIC UPPER  
 DAY 5 – ECCENTRIC LOWER  
 DAY 6 – MMX  
 DAY 7 – REST OR DYNAMIX

**WEEKS 10 AND 12**

DAY 1 – TOTAL SYNERGISTICS  
 DAY 2 – AGILITY X  
 DAY 3 – X3 YOGA  
 DAY 4 – THE CHALLENGE  
 DAY 5 – PILATES X  
 DAY 6 – INCINERATOR  
 DAY 7 – REST OR DYNAMIX

**WEEK 13 – VICTORY WEEK**

DAY 1 – ISOMETRIX  
 DAY 2 – X3 YOGA  
 DAY 3 – DECELERATOR  
 DAY 4 – ECCENTRIC LOWER  
 DAY 5 – ECCENTRIC UPPER  
 DAY 6 – DYNAMIX  
 DAY 7 – FINAL FIT TEST &  
 PHOTO SHOOT

## **DOUBLES**

**WEEKS 9 AND 11**

DAY 1 – DECELERATOR &  
 ACCELERATOR  
 DAY 2 – MMX & PILATES X  
 DAY 3 – THE CHALLENGE OR  
 COMPLEX UPPER &  
 X3 AB RIPPER OR DYNAMIX  
 DAY 4 – X3 YOGA & AGILITY X  
 DAY 5 – TRIOMETRICS &  
 ISOMETRIX  
 DAY 6 – TOTAL SYNERGISTICS OR  
 COMPLEX LOWER &  
 X3 AB RIPPER OR DYNAMIX  
 DAY 7 – REST OR DYNAMIX

**WEEKS 10 AND 12**

DAY 1 – DECELERATOR &  
 ACCELERATOR  
 DAY 2 – CVX & PILATES X  
 DAY 3 – ECCENTRIC UPPER &  
 MMX  
 DAY 4 – TRIOMETRICS &  
 ISOMETRIX  
 DAY 5 – X3 YOGA & CVX  
 DAY 6 – ECCENTRIC LOWER &  
 DYNAMIX  
 DAY 7 – REST OR DYNAMIX

**WEEK 13 – VICTORY WEEK**

DAY 1 – ISOMETRIX  
 DAY 2 – ACCELERATOR  
 DAY 3 – PILATES X  
 DAY 4 – X3 YOGA  
 DAY 5 – DYNAMIX  
 DAY 6 – REST OR DYNAMIX  
 DAY 7 – FINAL FIT TEST &  
 PHOTO SHOOT

► NOTES

# ELITE BLOCK

THE ELITE BLOCK DEVELOPS POWER FOR ATHLETIC PERFORMANCE. POWER IS DEFINED AS THE ABILITY TO EXERT MAXIMUM EXPLOSIVE STRENGTH.

▶ <b>START</b> COMPLEX UPPER & X3 AB RIPPER	<b>1</b>	COMPLEX LOWER	<b>2</b>	X3 YOGA	<b>3</b>	COMPLEX UPPER & X3 AB RIPPER	<b>4</b>	COMPLEX LOWER	<b>5</b>	PILATES X	<b>6</b>	REST OR DYNAMIX	<b>7</b>
DIET Y <input type="checkbox"/> N <input type="checkbox"/>		DIET Y <input type="checkbox"/> N <input type="checkbox"/>		DIET Y <input type="checkbox"/> N <input type="checkbox"/>		DIET Y <input type="checkbox"/> N <input type="checkbox"/>		DIET Y <input type="checkbox"/> N <input type="checkbox"/>		DIET Y <input type="checkbox"/> N <input type="checkbox"/>		DIET Y <input type="checkbox"/> N <input type="checkbox"/>	
COMPLEX UPPER & X3 AB RIPPER	<b>8</b>	COMPLEX LOWER	<b>9</b>	X3 YOGA	<b>10</b>	COMPLEX UPPER & X3 AB RIPPER	<b>11</b>	COMPLEX LOWER	<b>12</b>	PILATES X	<b>13</b>	REST OR DYNAMIX	<b>14</b>
DIET Y <input type="checkbox"/> N <input type="checkbox"/>		DIET Y <input type="checkbox"/> N <input type="checkbox"/>		DIET Y <input type="checkbox"/> N <input type="checkbox"/>		DIET Y <input type="checkbox"/> N <input type="checkbox"/>		DIET Y <input type="checkbox"/> N <input type="checkbox"/>		DIET Y <input type="checkbox"/> N <input type="checkbox"/>		DIET Y <input type="checkbox"/> N <input type="checkbox"/>	
COMPLEX UPPER & X3 AB RIPPER	<b>15</b>	COMPLEX LOWER	<b>16</b>	X3 YOGA	<b>17</b>	COMPLEX UPPER & X3 AB RIPPER	<b>18</b>	COMPLEX LOWER	<b>19</b>	PILATES X	<b>20</b>	REST OR DYNAMIX	<b>21</b>
DIET Y <input type="checkbox"/> N <input type="checkbox"/>		DIET Y <input type="checkbox"/> N <input type="checkbox"/>		DIET Y <input type="checkbox"/> N <input type="checkbox"/>		DIET Y <input type="checkbox"/> N <input type="checkbox"/>		DIET Y <input type="checkbox"/> N <input type="checkbox"/>		DIET Y <input type="checkbox"/> N <input type="checkbox"/>		DIET Y <input type="checkbox"/> N <input type="checkbox"/>	
AGILITY X	<b>22</b>	X3 YOGA	<b>23</b>	CVX	<b>24</b>	PILATES X	<b>25</b>	ISOMETRIX	<b>26</b>	DYNAMIX	<b>27</b>	FIT TEST	<b>28</b>
DIET Y <input type="checkbox"/> N <input type="checkbox"/>		DIET Y <input type="checkbox"/> N <input type="checkbox"/>		DIET Y <input type="checkbox"/> N <input type="checkbox"/>		DIET Y <input type="checkbox"/> N <input type="checkbox"/>		DIET Y <input type="checkbox"/> N <input type="checkbox"/>		DIET Y <input type="checkbox"/> N <input type="checkbox"/>		DIET Y <input type="checkbox"/> N <input type="checkbox"/>	
<b>E L I T E W E E K</b>												▶ TAKE PHOTOS AND BODY MEASUREMENTS	

▶ **NOTES**



# ELITE BLOCK

## THE ADVANCED LEVEL

The Elite Block is focused primarily on complex training. This is a very intense style of training, centered around post-activation potentiation, a powerful tool for increasing athletic performance. It's placed at the end of the program because a solid fitness foundation is a prerequisite for getting the most out of post-activation potentiation. You won't find it in the Mass rotation because complex training emphasizes speed and power over muscle growth.

HERE ARE THE VARIATIONS FOR THE **ELITE BLOCK** CALENDARS:

### CLASSIC / LEAN – ELITE BLOCK

#### WEEKS 14 – 16

DAY 1 – COMPLEX UPPER & X3 AB RIPPER

DAY 2 – COMPLEX LOWER

DAY 3 – X3 YOGA

DAY 4 – COMPLEX UPPER & X3 AB RIPPER

DAY 5 – COMPLEX LOWER

DAY 6 – PILATES X

DAY 7 – REST OR DYNAMIX

### DOUBLES – ELITE BLOCK

#### WEEKS 14 – 16

DAY 1 – COMPLEX UPPER, X3 AB RIPPER, & ACCELERATOR

DAY 2 – COMPLEX LOWER & ISOMETRIX

DAY 3 – X3 YOGA & PILATES X

DAY 4 – COMPLEX UPPER, X3 AB RIPPER, & CVX

DAY 5 – COMPLEX LOWER & MMX

DAY 6 – X3 YOGA & PILATES X

DAY 7 – REST OR DYNAMIX

## TAKE THE NEXT STEP – P90X® AND P90X2®

P90X3's strategic use of the 30-minute window of opportunity is very efficient for creating adaptive stress on the body. At some point you will adapt, and when you do, P90X and P90X2 are there to help you take the next step.

Both of these programs work on the Muscle Confusion™ template. P90X2 takes things further by adding training blocks for both Foundation and Performance, while most of P90X focuses on what's called the Strength Phase in P90X2. Because the Muscle Integration System of P90X2 is more thorough, following P90X3® with P90X2 and finishing things off with the original is the recommended protocol for those of you wanting to wring every last shred of fitness potential out of your body.

Of course you'll also be able to do additional rounds of P90X3 to further your results, especially using the Elite Block and the alternate rotations. But when you really want to step things up, P90X and P90X2 are your ticket to professional-level human performance.

To order P90X or P90X2, contact your Team Beachbody® Coach or visit [P90X.com](http://P90X.com) or [P90X2.com](http://P90X2.com).

## ► NOTES