



*This is the 21-day schedule that outlines the integrated training, nutrition & walking plans for the program. The main focus is do the three CIRCUIT Workouts each week M/W/F.*

- If you are a beginner to fitness you simply do the walking program on T/Th/S and allow 48 hours of recovery time between workouts..*
- For more advanced trainees, you can add in the Cardio & Core workouts on T/Th/S.*
- Be sure to take Sundays OFF and allow your body to heal and recover for the next training week.*

*Commit yourself to this program for the next 21 days and let's get some SERIOUS results!*

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
#1	<ul style="list-style-type: none"> <li>• Mon CIRCUIT A</li> <li>• High Carb Day</li> <li>• Daily Walk</li> </ul>	<ul style="list-style-type: none"> <li>• Tues CARDIO A</li> <li>• Low Carb Day</li> <li>• Daily Walk</li> </ul>	<ul style="list-style-type: none"> <li>• Wed CIRCUIT A</li> <li>• No Carb Day</li> <li>• Daily Walk</li> </ul>	<ul style="list-style-type: none"> <li>• Thur CARDIO B</li> <li>• High Carb Day</li> <li>• Daily Walk</li> </ul>	<ul style="list-style-type: none"> <li>• Fri CIRCUIT C</li> <li>• Low Carb Day</li> <li>• Daily Walk</li> </ul>	<ul style="list-style-type: none"> <li>• Sat CORE Workout</li> <li>• No Carb Day</li> <li>• Hike</li> </ul>	<ul style="list-style-type: none"> <li>• OFF</li> <li>• High Carb Day</li> <li>• Daily Walk</li> </ul>
#2	<ul style="list-style-type: none"> <li>• Mon CIRCUIT A</li> <li>• Low Carb Day</li> <li>• Daily Walk</li> </ul>	<ul style="list-style-type: none"> <li>• Tues CARDIO A</li> <li>• No Carb Day</li> <li>• Daily Walk</li> </ul>	<ul style="list-style-type: none"> <li>• Wed CIRCUIT A</li> <li>• High Carb Day</li> <li>• Daily Walk</li> </ul>	<ul style="list-style-type: none"> <li>• Thur CARDIO B</li> <li>• Low Carb Day</li> <li>• Daily Walk</li> </ul>	<ul style="list-style-type: none"> <li>• Fri CIRCUIT C</li> <li>• No Carb Day</li> <li>• Daily Walk</li> </ul>	<ul style="list-style-type: none"> <li>• Sat CORE Workout</li> <li>• High Carb Day</li> <li>• Hike</li> </ul>	<ul style="list-style-type: none"> <li>• OFF</li> <li>• Low Carb Day</li> <li>• Daily Walk</li> </ul>
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