



**21-DAY
EXTREME**

SHRED CHALLENGE

CALENDAR



21-DAY EXTREME

WEEK							
1	Circuit 1	Full Body Workout	Circuit 1	Full Body Workout	Circuit 2	Full Body Workout	Circuit 1
2	Circuit 2	Full Body Workout	Circuit 3	Full Body Workout	Circuit 4	Full Body Workout	Circuit 3
3	Circuit 4	AM: Circuit 5 PM: Full Body Workout	Circuit 5	Full Body Workout	Circuit 6	AM: Circuit 5 PM: Full Body Workout	Circuit 6

CALENDAR