

Cize Beginner Work Out

Before You Start: Take your "Before" photos and stats and videotape yourself each time you do a routine for the 1st time.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Crazy 8s <input type="checkbox"/>	You Got This <input type="checkbox"/>	Crazy 8s <input type="checkbox"/>	You Got This <input type="checkbox"/>	Crazy 8s <input type="checkbox"/>	You Got This <input type="checkbox"/>	Rest <input type="checkbox"/>
Week 2	Full Out <input type="checkbox"/>	In the Pocket <input type="checkbox"/>	Full Out <input type="checkbox"/>	In the Pocket <input type="checkbox"/>	Full Out <input type="checkbox"/>	In the Pocket <input type="checkbox"/>	Rest <input type="checkbox"/>
Week 3	Go For It <input type="checkbox"/>	Living in the 8s <input type="checkbox"/>	Go For It <input type="checkbox"/>	Living in the 8s <input type="checkbox"/>	Go For It <input type="checkbox"/>	Living in the 8s <input type="checkbox"/>	Rest <input type="checkbox"/>
Week 4	Crazy 8s <input type="checkbox"/>	You Got This <input type="checkbox"/>	Full Out <input type="checkbox"/>	In the Pocket <input type="checkbox"/>	Go For It <input type="checkbox"/>	Living in the 8s <input type="checkbox"/>	Rest <input type="checkbox"/>



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Cize Advanced Work Out

Before You Start: Take your "Before" photos and stats and videotape yourself each time you do a routine for the 1st time.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Crazy 8s <input type="checkbox"/>	You Got This/ 8 Count Abs <input type="checkbox"/>	Crazy 8s <input type="checkbox"/>	You Got This/ 8 Count Abs <input type="checkbox"/>	Crazy 8s <input type="checkbox"/>	You Got This/ 8 Count Abs <input type="checkbox"/>	Rest <input type="checkbox"/>
Week 2	Full Out <input type="checkbox"/>	In the Pocket <input type="checkbox"/>	Full Out <input type="checkbox"/>	In the Pocket <input type="checkbox"/>	Full Out <input type="checkbox"/>	In the Pocket <input type="checkbox"/>	Rest <input type="checkbox"/>
Week 3	Go For It <input type="checkbox"/>	Living in the 8s/ 8 Count Abs <input type="checkbox"/>	Go For It <input type="checkbox"/>	Living in the 8s/ 8 Count Abs <input type="checkbox"/>	Go For It <input type="checkbox"/>	Living in the 8s/ 8 Count Abs <input type="checkbox"/>	Rest <input type="checkbox"/>
Week 4	Crazy 8s <input type="checkbox"/>	You Got This <input type="checkbox"/>	Full Out <input type="checkbox"/>	In the Pocket <input type="checkbox"/>	Go For It <input type="checkbox"/>	Living in the 8s <input type="checkbox"/>	Rest <input type="checkbox"/>



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