

Week 1	Align: The Fundamentals <input type="checkbox"/>	Define: Lower Body <input type="checkbox"/>	Define: Upper Body <input type="checkbox"/>	Sweat <input type="checkbox"/>	Rest <input type="checkbox"/>	Define: Lower Body <input type="checkbox"/>	Define: Upper Body <input type="checkbox"/>
Week 2	Sweat <input type="checkbox"/>	Define: Lower Body <input type="checkbox"/>	Core <input type="checkbox"/>	Define: Upper Body <input type="checkbox"/>	Rest <input type="checkbox"/>	Sweat <input type="checkbox"/>	Core <input type="checkbox"/>
Week 3	Define: Upper Body <input type="checkbox"/>	Buns <input type="checkbox"/>	Core <input type="checkbox"/>	Strength Intervals <input type="checkbox"/>	Rest <input type="checkbox"/>	Sweat <input type="checkbox"/>	Full Body Blast <input type="checkbox"/>
Week 4	Strength Intervals <input type="checkbox"/>	Core or Hardcore on the Floor <input type="checkbox"/>	Full Body Blast <input type="checkbox"/>	Drench <input type="checkbox"/>	Rest <input type="checkbox"/>	Strong Legs <input type="checkbox"/>	Sweat <input type="checkbox"/>

Week 5	Full Body Blast <input type="checkbox"/>	Sweat <input type="checkbox"/>	Core <input type="checkbox"/>	Drench <input type="checkbox"/>	Rest <input type="checkbox"/>	Strong Legs <input type="checkbox"/>	Sculpt <input type="checkbox"/>
Week 6	Drench <input type="checkbox"/>	Core or Hardcore on the Floor <input type="checkbox"/>	Buns <input type="checkbox"/>	Strength Intervals <input type="checkbox"/>	Rest <input type="checkbox"/>	Full Body Blast <input type="checkbox"/>	Sweat <input type="checkbox"/>
Week 7	Sculpt <input type="checkbox"/>	Sweat <input type="checkbox"/>	Core or Hardcore on the Floor <input type="checkbox"/>	Strong Legs <input type="checkbox"/>	Rest <input type="checkbox"/>	Drench <input type="checkbox"/>	Full Body Blast <input type="checkbox"/>
Week 8	Drench <input type="checkbox"/>	Core or Hardcore on the Floor <input type="checkbox"/>	Sweat <input type="checkbox"/>	Strength Intervals <input type="checkbox"/>	Rest <input type="checkbox"/>	Sculpt or Full Body Blast <input type="checkbox"/>	Drench <input type="checkbox"/>