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<th>Day 1</th>
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<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
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<th>Day 7</th>
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<td>Day 38</td>
<td>Day 39</td>
<td>Day 40</td>
<td>Day 41</td>
<td>Day 42</td>
</tr>
</tbody>
</table>

**Day 1**
- DATE: DIG DEEPER + FIT TEST + RELIEF

**Day 2**
- DATE: CARDIO RECOVERY

**Day 3**
- DATE: ATHLETIC PERFORMANCE ASSESSMENT + RELIEF

**Day 4**
- DATE: MAX RECOVERY

**Day 5**
- DATE: OFF-DAY STRETCH

**Day 6**
- DATE: CHAMPIONSHIP + FIT TEST (SUDDEN DEATH OT)

**Day 7**
- DATE: REST or ANY STRETCH or RECOVERY WORKOUT

**Day 8**
- DATE: MAX INTERVAL CIRCUIT + FIT TEST

**Day 9**
- DATE: STRENGTH + RELIEF

**Day 10**
- DATE: MAX CARDIO CONDITIONING + CARDIO ABS

**Day 11**
- DATE: BACK TO CORE + AB SHREDDER

**Day 12**
- DATE: MAX RECOVERY

**Day 13**
- DATE: GAME DAY + OVERTIME

**Day 14**
- DATE: REST, RELIEF, or OFF-DAY STRETCH

**Day 15**
- DATE: PLYOMETRIC CARDIO CIRCUIT + RELIEF

**Day 16**
- DATE: STRENGTH + RELIEF

**Day 17**
- DATE: CARDIO POWER & RESISTANCE

**Day 18**
- DATE: MAX INTERVAL PLYO + RELIEF

**Day 19**
- DATE: STRENGTH + RELIEF

**Day 20**
- DATE: MAX CARDIO CONDITIONING + CARDIO ABS

**Day 21**
- DATE: REST, RELIEF, or OFF-DAY STRETCH

**Day 22**
- DATE: UPPER ELITE + AB SHREDDER

**Day 23**
- DATE: MAX INTERVAL PLYO + RELIEF

**Day 24**
- DATE: BACK & 6-PACK + RELIEF

**Day 25**
- DATE: VERTICAL PLYO + RELIEF

**Day 26**
- DATE: CARDIO RECOVERY

**Day 27**
- DATE: MAX CARDIO CONDITIONING + CARDIO ABS

**Day 28**
- DATE: REST, RELIEF, or OFF-DAY STRETCH

**Day 29**
- DATE: UPPER ELITE + AB SHREDDER

**Day 30**
- DATE: MAX INTERVAL PLYO + RELIEF

**Day 31**
- DATE: BACK & 6-PACK + RELIEF

**Day 32**
- DATE: VERTICAL PLYO + RELIEF

**Day 33**
- DATE: CARDIO RECOVERY

**Day 34**
- DATE: MAX CARDIO CONDITIONING + CARDIO ABS

**Day 35**
- DATE: REST, RELIEF, or OFF-DAY STRETCH

**Day 36**
- DATE: CARDIO RECOVERY

**Day 37**
- DATE: X TRAINER + RELIEF

**Day 38**
- DATE: PURE CARDIO + CARDIO ABS

**Day 39**
- DATE: CORE CARDIO & BALANCE

**Day 40**
- DATE: MAX RECOVERY

**Day 41**
- DATE: REST, RELIEF, or OFF-DAY STRETCH

**Day 42**
- DATE: REST, RELIEF, or OFF-DAY STRETCH
<table>
<thead>
<tr>
<th>Day 43</th>
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</tr>
<tr>
<td>UPPER ELITE + AB SHREDDER</td>
<td>POWER LEGS + RELIEF</td>
<td>BACK &amp; 6-PACK + RELIEF</td>
<td>VERTICAL PLYO + OVERTIME + RELIEF</td>
<td>MAX RECOVERY</td>
<td>SPEED &amp; AGILITY + BACK TO CORE</td>
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<td>POWER LEGS + RELIEF</td>
<td>BACK &amp; 6-PACK + RELIEF</td>
<td>VERTICAL PLYO + OVERTIME + RELIEF</td>
<td>MAX RECOVERY</td>
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<tr>
<td>CARDIO RECOVERY</td>
<td>POWER LEGS + RELIEF</td>
<td>BACK &amp; 6-PACK + RELIEF</td>
<td>VERTICAL PLYO + OVERTIME + RELIEF</td>
<td>MAX RECOVERY</td>
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<tr>
<td>MAX INTERVAL CIRCUIT + FIT TEST</td>
<td>X TRAINER + RELIEF</td>
<td>PURE CARDIO + CARDIO ABS</td>
<td>CORE CARDIO &amp; BALANCE</td>
<td>MAX RECOVERY</td>
<td>REST, RELIEF, or OFF-DAY STRETCH</td>
<td>REST, RELIEF, or OFF-DAY STRETCH</td>
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<td>CARDIO RECOVERY</td>
<td>MAX CARDIO CONDITIONING + CARDIO ABS</td>
<td>BACK TO CORE + AB SHREDDER</td>
<td>MAX RECOVERY</td>
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<tr>
<td>CARDIO RECOVERY</td>
<td>CARDIO RECOVERY</td>
<td>ATHLETIC PERFORMANCE ASSESSMENT + RELIEF</td>
<td>MAX RECOVERY</td>
<td>OFF-DAY STRETCH</td>
<td>CHAMPIONSHIP + FIT TEST (SUDDEN DEATH OT)</td>
<td>RELAX AND PAT YOURSELF ON THE BACK. WELL DONE!</td>
</tr>
</tbody>
</table>