

START DATE: _____

FINISH DATE: _____

21 Day Fix EXTREME



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	PLYO FIX Extreme	Upper FIX Extreme (10 Min Hardcore)	Pilates FIX Extreme	Lower FIX Extreme (10 Min Hardcore)	Cardio FIX Extreme	Dirty 30 Extreme	Yoga FIX Extreme
WEEK 2	PLYO FIX Extreme	Upper FIX Extreme (10 Min Hardcore)	Pilates FIX Extreme	Lower FIX Extreme (10 Min Hardcore)	Cardio FIX Extreme	Dirty 30 Extreme	Yoga FIX Extreme
WEEK 3	PLYO FIX Extreme	Upper FIX Extreme (10 Min Hardcore)	Pilates FIX Extreme	Lower FIX Extreme (10 Min Hardcore)	Cardio FIX Extreme	Dirty 30 Extreme	Yoga FIX Extreme

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