

Doubles Schedule



Block 1							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Total Synergistics	Agility X Dynamics	X3 Yoga	The Challenge	CVX Dynamix	The Warrior	Dynamix
Week 2	Total Synergistics	Agility X Dynamics	X3 Yoga	The Challenge	CVX Dynamix	The Warrior	Dynamix
Week 3	Total Synergistics	Agility X Dynamics	X3 Yoga	The Challenge	CVX Dynamix	The Warrior	Dynamix
Week 4	Isometrix	Dynamix	Accelerator	Pilates X	CVX	X3 Yoga	Dynamix

DROP 3 DRESS SIZES IN 7 DAYS?



See this amazing little tip women are using to lose weight fast. [See Tip >>](#)

VenusFactor.com

Doubles Schedule



Block 2							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	Eccentric Upper Accelerator	Triometrics	X3 Yoga	Eccentric Upper CVX	Incinerator Isometrix	MMX Dynamix	Dynamix
Week 6	Eccentric Upper Accelerator	Triometrics	X3 Yoga	Eccentric Upper CVX	Incinerator Isometrix	MMX Dynamix	Dynamix
Week 7	Eccentric Upper Accelerator	Triometrics	X3 Yoga	Eccentric Upper CVX	Incinerator Isometrix	MMX Dynamix	Dynamix
Week 8	Isometrix	Dynamix	Accelerator	Pilates X	Agility X Dynamix	X3 Yoga	Dynamix



Shocking Trick to Get Ridiculously Ripped

See this shocking trick guys are using to get ridiculously ripped really fast. [See How](#)

AdonisGoldenRatio.com

Doubles Schedule



Block 3							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	Decelerator Accelerator	MMX Pilates X	The Challenge Dynamix	X3 Yoga Agility X	Triometrics Isometrix	Total Synergitics Dynamics	Dynamix
Week 10	Decelerator Accelerator	CVX Pilates X	Eccentric Upper MMX	Triometrics Isometrix	X3 Yoga CVX	Eccentric Lower Dynamics	Dynamix
Week 11	Decelerator Accelerator	MMX Pilates X	The Challenge Dynamix	X3 Yoga Agility X	Triometrics Isometrix	Total Synergitics Dynamics	Dynamix
Week 12	Decelerator Accelerator	CVX Pilates X	Eccentric Upper MMX	Triometrics Isometrix	X3 Yoga CVX	Eccentric Lower Dynamics	Dynamix
Week 13	Isometrix	Accelerator	Pilates X	X3 Yoga	Dynamix	Dynamix	

5 Shortcuts To Get Big & Lean In Half The Time

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