

Lean Schedule



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

Lean Schedule



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

Lean Schedule



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

5 Shortcuts To Get Big & Lean In Half The Time

[CLICK HERE](#)