

Mass Schedule



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

Mass Schedule



| Block 2 | | | | | | | |
|---------|-----------------|-----------------|-------------|-----------------|-----------------|----------|---------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 5 | Eccentric Upper | Eccentric Lower | X3 Yoga | Eccentric Upper | Eccentric Lower | MMX | Dynamix |
| Week 6 | Eccentric Upper | Eccentric Lower | X3 Yoga | Eccentric Upper | Eccentric Lower | MMX | Dynamix |
| Week 7 | Eccentric Upper | Eccentric Lower | X3 Yoga | Eccentric Upper | Eccentric Lower | MMX | Dynamix |
| Week 8 | Isometrix | Dynamix | The Warrior | Pilates X | Decelerator | 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

Mass Schedule



| Block 3 | | | | | | | |
|---------|--------------------|-----------------|-------------|-----------------|-----------------|-------------|---------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 9 | Eccentric Upper | Eccentric Lower | X3 Yoga | Eccentric Upper | Eccentric Lower | MMX | Dynamix |
| Week 10 | Total Synergistics | Agility X | X3 Yoga | The Challenge | Pilates X | Incinerator | Dynamix |
| Week 11 | Eccentric Upper | Eccentric Lower | X3 Yoga | Eccentric Upper | Eccentric Lower | MMX | Dynamix |
| Week 12 | Total Synergistics | Agility X | X3 Yoga | The Challenge | Pilates X | Incinerator | Dynamix |
| Week 13 | Isometrix | X3 Yoga | Decelerator | Eccentric Lower | Eccentric Upper | Dynamix | |

5 Shortcuts To Get Big & Lean In Half The Time

[CLICK HERE](#)