



RIPPED™

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|--------------|---------|-----------|------------|--------|----------|--------|
| Week 1 | Fitness Test | Core | AMRAP | Upper Body | EMOM | Yoga | Rest |
| Week 2 | HIIT | Core | AMRAP | Upper Body | EMOM | Yoga | Rest |
| Week 3 | HIIT | Core | AMRAP | Upper Body | EMOM | Yoga | Rest |
| Week 4 | HIIT | Core | AMRAP | Upper Body | EMOM | Yoga | Rest |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|--------------|---------|-----------|------------|--------|----------|--------|
| Week 5 | Fitness Test | Core | AMRAP | Upper Body | EMOM | Yoga | Rest |
| Week 6 | HIIT | Core | AMRAP | Upper Body | EMOM | Yoga | Rest |
| Week 7 | HIIT | Core | AMRAP | Upper Body | EMOM | Yoga | Rest |
| Week 8 | HIIT | Core | AMRAP | Upper Body | EMOM | Yoga | Rest |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------|--------------|---------|-----------|------------|--------|----------|--------------|
| Week 9 | Fitness Test | Core | AMRAP | Upper Body | EMOM | Yoga | Rest |
| Week 10 | HIIT | Core | AMRAP | Upper Body | EMOM | Yoga | Rest |
| Week 11 | HIIT | Core | AMRAP | Upper Body | EMOM | Yoga | Rest |
| Week 12 | HIIT | Core | AMRAP | Upper Body | EMOM | Yoga | Fitness Test |

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|-------------------|-------------------------------------|
| AMRAP | As Many Rounds As Possible |
| EMOM | Every Minute On the Minute |
| HIIT | High-Intensity Interval Training |
| Upper Body | Upper Body and Core focused workout |