

# THE PROMISE

## KEY

 BEGINNERS  
3 TIMES A WEEK

 +  INTERMEDIATE  
4 TIMES A WEEK

 +  +  ADVANCED  
5 TIMES A WEEK

MONTH 1

MONTH 2

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	UPPER BODY BLAST 	REPERTOIRE 	LOWER BODY LEAN 	REST DAY FOR EVERYONE 	FULL BODY FOCUS 	THE 100 	REST DAY FOR EVERYONE 
WEEK 2	UPPER BODY BLAST 	REPERTOIRE 	LOWER BODY LEAN 	REST DAY FOR EVERYONE 	FULL BODY FOCUS 	THE 100 	REST DAY FOR EVERYONE 
WEEK 3	UPPER BODY BLAST 	REPERTOIRE 	LOWER BODY LEAN 	REST DAY FOR EVERYONE 	FULL BODY FOCUS 	THE 100 	REST DAY FOR EVERYONE 
WEEK 4	UPPER BODY BLAST 	REPERTOIRE 	LOWER BODY LEAN 	REST DAY FOR EVERYONE 	FULL BODY FOCUS 	THE 100 	REST DAY FOR EVERYONE 
WEEK 5	UPPER BODY BLAST 	REPERTOIRE 	LOWER BODY LEAN 	REST DAY FOR EVERYONE 	FULL BODY FOCUS 	THE 100 	REST DAY FOR EVERYONE 
WEEK 6	UPPER BODY BLAST 	REPERTOIRE 	LOWER BODY LEAN 	REST DAY FOR EVERYONE 	FULL BODY FOCUS 	THE 100 	REST DAY FOR EVERYONE 
WEEK 7	UPPER BODY BLAST 	REPERTOIRE 	LOWER BODY LEAN 	REST DAY FOR EVERYONE 	FULL BODY FOCUS 	THE 100 	REST DAY FOR EVERYONE 
WEEK 8	UPPER BODY BLAST 	REPERTOIRE 	LOWER BODY LEAN 	REST DAY FOR EVERYONE 	FULL BODY FOCUS 	THE 100 	REST DAY FOR EVERYONE 