

## 4 Week Workout Calendar

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
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Phase ONE: Xpress Starter							
1	Xceed	Legs Xpress	Hiit Xpress	Abs Xpress	Total Xpress	Xhale	Rest
	Arms Xpress	Hiit Xpress	Abs Xpress	Booty Xpress	Xceed	Xhale	Rest

Phase TWO: Xpress Xtreme							
3	No Xcuses	Legs Xtreme	Hiit Xtreme	Abs Xtreme	Total Xtreme	Booty Xtreme	Xhale
	Arms Xtreme	Total Xtreme	Abs Xtreme	Legs Xtreme	Hiit Xtreme	No Xcuses	Xhale

## 4 Week Workout Calendar

*\* With Optional Doubles*

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
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### Phase ONE: Xpress Starter - with Doubles

**1**

Xceed * Arms Xpress	Legs Xpress * Hiit Xpress	Hiit Xpress * Abs Xpress	Abs Xpress * Booty Xpress	Total Xpress * Legs Xpress	Xhale	Rest
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**2**

Arms Xpress * Total Xpress	Hiit Xpress * Abs Xpress	Abs Xpress * Legs Xpress	Booty Xpress * Abs Xpress	Xceed * Arms Xpress	Xhale	Rest
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### Phase TWO: Xpress Xtreme - with Doubles

**3**

No Xcuses * Arms Xtreme	Legs Xtreme * Hiit Xtreme	Hiit Xtreme * Abs Xtreme	Abs Xtreme * Booty Xtreme	Total Xtreme * Legs Xtreme	Booty Xtreme * Abs Xtreme	Xhale
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**4**

Arms Xtreme * Total Xtreme	Total Xtreme * Booty Xtreme	Abs Xtreme * Arms Xtreme	Legs Xtreme * Hiit Xtreme	Hiit Xtreme * Abs Xtreme	No Xcuses * Arms Xtreme	Xhale
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