

# THE CALENDAR

**21 DAY FIX EXTREME** has one workout for every day of the week. Each workout is designed to utilize multiple muscle groups simultaneously, giving you a more comprehensive workout. The breakdown works like this:

| MONDAY                  | TUESDAY                  | WEDNESDAY                  | THURSDAY                 | FRIDAY                    | SATURDAY                | SUNDAY                  |
|-------------------------|--------------------------|----------------------------|--------------------------|---------------------------|-------------------------|-------------------------|
| <b>PLYO FIX EXTREME</b> | <b>UPPER FIX EXTREME</b> | <b>PILATES FIX EXTREME</b> | <b>LOWER FIX EXTREME</b> | <b>CARDIO FIX EXTREME</b> | <b>DIRTY 30 EXTREME</b> | <b>YOGA FIX EXTREME</b> |

Two additional workouts from the **Ultimate Kit** and a **Bonus Workout** can be rotated into the calendar for greater variety and faster results.

| MONDAY  | TUESDAY   | WEDNESDAY                  | THURSDAY  | FRIDAY                    | SATURDAY   | SUNDAY                  |
|---|---|----------------------------|---|---------------------------|--|-------------------------|
| <b>PLYO FIX EXTREME</b><br>OR<br><b>POWER STRENGTH EXTREME*</b> | <b>UPPER FIX EXTREME</b><br>AND<br><b>10 MIN HARDCORE</b> | <b>PILATES FIX EXTREME</b> | <b>LOWER FIX EXTREME</b><br>AND<br><b>10 MIN HARDCORE</b> | <b>CARDIO FIX EXTREME</b> | <b>DIRTY 30 EXTREME</b><br>OR<br><b>ABC EXTREME*</b> | <b>YOGA FIX EXTREME</b> |

\* **POWER STRENGTH EXTREME** and **ABC EXTREME** are part of the **21 Day Fix EXTREME Ultimate Kit**. To purchase, contact your Coach, or visit [TeamBeachbody.com](http://TeamBeachbody.com) or [FixExtremeUltimate.com](http://FixExtremeUltimate.com).

*Fix EXTREME does not contain a "doubles" calendar because if you're pushing yourself to the limit, using correct resistance and intensity, 30 minutes should leave your muscles and cardiovascular system fully taxed after every workout. Also, more than one workout a day may cause overtraining, joint stress, and eventually, injury.*

