

	MON	TUE	WED	THURS	FRI	SAT	SUN
<b>B U R N</b>	Burn Circuit 1	Define: UB & LB	Burn Circuit 2	Sweat	Define: UB & LB	REST	Burn Circuit 3
	Burn Circuit 1	Define: UB & LB	Burn Circuit 2	Sweat	Buns	REST	Burn Circuit 3
	Burn Circuit 1	Define: UB & LB	Burn Circuit 2	Sweat	Define: UB & LB	REST	Burn Circuit 3
	Burn Circuit 1	Define: UB & LB	Burn Circuit 2	Sweat	Buns	REST	Burn Circuit 3
<b>P U S H</b>	Push Circuit 1	Define: UB & LB	Push Circuit 2	Drench	Buns	REST	Push Circuit 3
	Push Circuit 1	Sculpt	Push Circuit 2	Sweat	Strength Intervals	REST	Push Circuit 3
	Push Circuit 1	Define: UB & LB	Push Circuit 2	Drench	Buns	REST	Push Circuit 3
	Push Circuit 1	Sculpt	Push Circuit 2	Sweat	Strength Intervals	REST	Push Circuit 3
<b>L E A N</b>	Lean Circuit 1	Drench	Lean Circuit 2	Define: UB & LB	Buns	REST	Lean Circuit 3
	Lean Circuit 1	Sweat	Lean Circuit 2	Sculpt	Strength Intervals	REST	Lean Circuit 3
	Lean Circuit 1	Drench	Lean Circuit 2	Define: UB & LB	Buns	REST	Lean Circuit 3
	Lean Circuit 1	Sweat	Lean Circuit 2	Sculpt	Strength Intervals	REST	Lean Circuit 3
<b>L F L</b>	Burn Circuit 1	Define: UB & LB	Push Circuit 2	Drench	Buns	REST	Lean Circuit 3
	Burn Circuit 2	Sculpt	Push Circuit 3	Sweat	Strength Intervals	REST	Lean Circuit 1
	Burn Circuit 3	Define: UB & LB	Push Circuit 1	Drench	Buns	REST	Lean Circuit 2
	Burn Circuit 1	Sculpt	Push Circuit 2	Sweat	Strength Intervals	REST	Lean Circuit 3

**1-2 weeks of 21 DF Strength + Yoga & REPEAT**