



30-DAY CALENDAR

PUNCH. KICK. SWEAT. REPEAT.



GET STARTED

TAKE YOUR "BEFORE" PHOTOS AND MEASUREMENTS.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MMA SPEED	DYNAMIC STRENGTH	MMA SPEED	POWER SCULPT	MMA SHRED	DYNAMIC STRENGTH	ACTIVE RECOVERY
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
MMA SHRED + CORE KINETICS	POWER SCULPT	MMA SHRED + CORE KINETICS	DYNAMIC STRENGTH	MMA POWER	POWER SCULPT	ACTIVE RECOVERY
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
MMA POWER + CORE KINETICS	DYNAMIC STRENGTH + 5 MIN. CORE ON THE FLOOR	MMA POWER + CORE KINETICS	POWER SCULPT + 5 MIN. CORE ON THE FLOOR	MMA PLYO	DYNAMIC STRENGTH + 5 MIN. CORE ON THE FLOOR	ACTIVE RECOVERY
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
MMA PLYO + CORE KINETICS	POWER SCULPT + 5 MIN. CORE ON THE FLOOR	MMA PLYO + CORE KINETICS	DYNAMIC STRENGTH + 5 MIN. CORE ON THE FLOOR	MMA SPEED + CORE KINETICS	MMA SHRED + CORE KINETICS	ACTIVE RECOVERY
DAY 29	DAY 30	ROUND 1 "AFTER" PHOTOS & MEASUREMENTS CHECK-IN		BEFORE STARTING ROUND 2, WE RECOMMEND ADDING A REST DAY OR ACTIVE RECOVERY DAY TO GET THE MOST OUT OF YOUR NEXT ROUND.		
MMA POWER + CORE KINETICS	MMA PLYO + CORE KINETICS	Don't forget to submit your "before" and "after" photos and measurements to: BEACHBODYCHALLENGE.COM for a chance to WIN CASH PRIZES!		AND ONCE YOU'RE READY, CHECK OUT TWO MORE CALENDAR OPTIONS FOR YOUR NEXT 30 DAYS ON THE BACK!		

FOLLOW THIS **DAILY WORKOUT SCHEDULE** FOR YOUR FIRST ROUND OF CORE DE FORCE™ AND PUT AN **X** THROUGH EVERY WORKOUT YOU COMPLETE.

DO YOUR 5-MINUTE CORE DE FORCE RELIEF ROUTINE BEFORE BED TO HELP RELIEVE TIGHT AND TIRED MUSCLES—AND PREPARE FOR THE NEXT DAY'S WORKOUT.

*Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program and nutrition plan.

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