

CU24™ WORKOUT CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	 <small>ASSESSMENT: MAKE SURE TO TAKE INITIAL PHOTOS & MEASUREMENTS</small> MELT INTERVAL	 SHRED DOWN	 POWER FLOW YOGA <small>OPTIONAL: CORE FOUNDATION</small>	 SCULPT ZONE	 MELT MOVE <small>OPTIONAL: UPPER BODY FOCUS</small>	 ACTIVE RECOVERY	REST
WEEK 2	 SHRED UP	 SCULPT FULL	 POWER FLOW YOGA <small>OPTIONAL: CORE FOUNDATION</small>	 MELT CLIMB <small>OPTIONAL: UPPER BODY FOCUS</small>	 SHRED TOTAL	 ACTIVE RECOVERY	REST
WEEK 3	 SCULPT DUO	 MELT INTERVAL <small>OPTIONAL: UPPER BODY FOCUS</small>	 POWER FLOW YOGA <small>OPTIONAL: CORE FOUNDATION</small>	 SHRED DOWN	 SCULPT ZONE	 ACTIVE RECOVERY	REST
WEEK 4	 MELT MOVE	 SHRED UP	 POWER FLOW YOGA <small>OPTIONAL: CORE FOUNDATION</small>	 SCULPT FULL	 MELT CLIMB <small>OPTIONAL: UPPER BODY FOCUS</small>	 ACTIVE RECOVERY	<small>MID-PROGRAM ASSESSMENT: TAKE PHOTOS & MEASUREMENTS</small> REST
WEEK 5	 SHRED TOTAL	 SCULPT DUO	 POWER FLOW YOGA <small>OPTIONAL: CORE FOUNDATION</small>	 MELT INTERVAL <small>OPTIONAL: UPPER BODY FOCUS</small>	 SHRED DOWN	 ACTIVE RECOVERY	REST
WEEK 6	 SCULPT ZONE	 MELT MOVE <small>OPTIONAL: UPPER BODY FOCUS</small>	 POWER FLOW YOGA <small>OPTIONAL: CORE FOUNDATION</small>	 SHRED UP	 SCULPT FULL	 ACTIVE RECOVERY	REST
WEEK 7	 MELT CLIMB	 SHRED TOTAL	 POWER FLOW YOGA <small>OPTIONAL: CORE FOUNDATION</small>	 SCULPT DUO	 MELT INTERVAL <small>OPTIONAL: UPPER BODY FOCUS</small>	 ACTIVE RECOVERY	REST
WEEK 8	 SHRED DOWN	 SCULPT ZONE	 POWER FLOW YOGA <small>OPTIONAL: CORE FOUNDATION</small>	 MELT MOVE <small>OPTIONAL: UPPER BODY FOCUS</small>	 SHRED UP	 ACTIVE RECOVERY	<small>FINAL ASSESSMENT: TAKE AFTER PHOTOS & MEASUREMENTS</small> REST

WHAT EQUIPMENT AM I USING TODAY?



* WHAT IS ACTIVE RECOVERY?

Pick a low-intensity exercise and perform for 30-60 minutes to stay active while giving your body a chance to recover from the week's intense workouts.

Examples include: swimming, yoga, cycling or walking.