

MON	WEEK 1	DAY 1	Upperbody starter + Real talk (Fat loss essentials)
TUE		DAY 2	Lowerbody starter + Real talk (Building muscle essentials)
WED		DAY 3	Overall core + Real talk (Workout during periods)
THU		DAY 4	Upperbody tension + Real talk (Balanced meal plate 101)
FRI		DAY 5	Lowerbody tension + Real talk (About cortisol)
SAT		DAY 6	Break Day
SUN		DAY 7	Break Day

MON	WEEK 2	DAY 8	Fullbody Emom
TUE		DAY 9	Power up Cardio
WED		DAY 10	Pure Flow
THU		DAY 11	Fullbody TABATA Shred
FRI		DAY 12	Pure Core
SAT		DAY 13	Break Day
SUN		DAY 14	Break Day

MON	WEEK 3	DAY 15	Strength + Endurance Test + Real talk (Fitness Myths)
TUE		DAY 16	Cardio + Core
WED		DAY 17	Ultimate upperbody + Real talk (Top No's during a transformation journey)
THU		DAY 18	Ultimate lowerbody
FRI		DAY 19	Let's Pulse
SAT		DAY 20	Break Day
SUN		DAY 21	Break Day

MON	WEEK 4	DAY 22	Strength + Speed + Real talk (All about TDEE)
TUE		DAY 23	Cardio upgrade + Real talk (Sustainable body transformation)
WED		DAY 24	Fullbody Mobility
THU		DAY 25	Eccentric Strength
FRI		DAY 26	Core Upgrade
SAT		DAY 27	Rest Day
SUN		DAY 28	Rest Day

MON	DAY 29	Pure crossfit
TUE	DAY 30	The Finale