

# CTRL ROOM

Let’s take control

WEEK 1	Day 1	<b>Total Power day</b> (Real talk: Why Fat Loss Is Not Always a Calorie Deficit Problem)
	Day 2	<b>Corestorm</b>
	Day 3	<b>Upper takeover</b> (Real Talk: Sleep, Cortisol, and the Truth About Belly Fat)
	Day 4	<b>Lower body dominance</b> (Real talk: Why Fat Loss Is Not Always a Calorie Deficit Problem)
	Day 5	Rest Day
	Day 6	Rest Day

WEEK 2	Day 7	<b>Upper Control</b> (Real talk : Creating a balanced meal plate)
	Day 8	<b>Oh My Legs</b>
	Day 9	<b>Primal Operating System</b>
	Day 10	<b>Full Force</b> (Real talk: Fat loss best cheat codes)
	Day 11	<b>Total body control</b>
	Day 12	Rest Day
	Day 13	Rest Day

WEEK 3	Day 14	The loadout: Upperbody
	Day 15	The loadout: Lowerbody (Real talk: Hormones don't lie)
	Day 16	The lock-In: Core
	Day 17	Torque & Tension: Upperbody (Real: The Supplement trap)
	Day 18	Leg Engine: Lower body
	Day 19	Rest Day
	Day 20	Rest Day

WEEK 4	Day 21	The Treshold
	Day 22	Core-X
	Day 23	Neural Load: Upper
	Day 24	Neural Load: Lower (Real talk: Answering FAQ's)
	Day 25	Total body control 2
	Day 26	Rest Day
	Day 27	Rest Day

WEEK 5	Day 28	AMRAP'D
	Day 29	LIIT & CORE (Real talk: Reality of Gut health & Fat loss)
	Day 30	THE FINALE (Real talk: Everything you need to know about fitness & your transformation)