

# GO HYBRID 2.0

You’ve built the foundation with **GO HYBRID 1.0**,  
now it’s time to push beyond.

**GO HYBRID 2.0 isn’t just the next program,  
IT’S THE NEXT VERSION OF YOU.**

**THIS LEVEL-UP WILL TEST EVERY LAYER OF YOUR FITNESS:**

- Your strength will be challenged with tougher lifts and smarter progressions.
- Your endurance will be stretched to new limits where the mind must back the body.
- And your grit, the ability to keep going when it gets hard will be the real differentiator.

Where **1.0** built your base, **2.0** demands more, more intensity, more resilience, more results. It’s designed to push you out of your comfort zone, blend strength with stamina, and create an athlete who is not just fit, but unshakable.

## WEEK 1 – Strength Week

WEEK 1	Day 1	Ground Zero (Strength Circuit)
	Day 2	Built to Press (Upperbody Strength)
	Day 3	Lowerbody Grind (Lowerbody Strength)
	Day 4	Core Control
	Day 5	Pull Power
	Day 6	Rest Day
	Day 7	Rest Day

## WEEK 2 – Endurance Week

WEEK 2	Day 8	Engine Builder (Endurance Circuit)
	Day 9	Endless Legs (EMOM)
	Day 10	LIIT & Core
	Day 11	Metcon Madness 2.0
	Day 12	Pull Power
	Day 13	Rest Day
	Day 14	Rest Day

## WEEK 3 – Strength & Endurance Week

WEEK 3	Day 15	The CrossFit Chaos
	Day 16	Push + Pull Domination
	Day 17	Core & Recovery 2.0
	Day 18	Lowerbody Lockdown
	Day 19	Engine Builder (Endurance Circuit)
	Day 20	Rest Day
	Day 21	Rest Day

## WEEK 4 – Hybrid Week

WEEK 4	Day 15	Built to Press (Upperbody Strength)
	Day 16	Endless Legs (EMOM)
	Day 17	The CrossFit Chaos
	Day 18	Core Control
	Day 19	The Hybrid Havoc
	Day 20	Rest Day
	Day 21	Rest Day