



ONE ON ONE

30 DAY CALENDAR

1 TAKE BEFORE PHOTO CHEST & BACK	2 LEGS	3 ARMS	4 ABS	5 REST DAY	6 TOTAL BODY	7 ABS
8 ARMS	9 LEGS	10 CHEST & BACK	11 ABS	12 REST DAY	13 TOTAL BODY	14 ABS
15 LEGS	16 TOTAL BODY	17 ARMS	18 ABS	19 TOTAL BODY	20 CHEST & BACK	21 REST DAY
22 LEGS	23 TOTAL BODY	24 ARMS	25 ABS	26 TOTAL BODY	27 CHEST & BACK	28 REST DAY
29 TOTAL BODY	30 ABS	SUBMIT BEFORE AND AFTER PHOTO AT XTRAINFIT.COM/FREEGEAR				

ONE ON ONE + XTFMAX

90 DAY CALENDAR

1 XTFMAX CARDIO	2 XTFMAX DEFINITIONS	3 XTFMAX CARDIOMAX	4 XTFMAX LEGS	5 XTFMAX CARDIO	6 XTFMAX LONG & LEAN	7 OFF
8 XTFMAX CARDIO	9 XTFMAX DEFINITIONS	10 XTFMAX CARDIO MAX	11 XTFMAX LEGS	12 XTFMAX CARDIO	13 XTFMAX LONG & LEAN	14 OFF
15 ONEONONE TOTAL BODY	16 XTFMAX DEFINITIONS	17 ONEONONE CHEST & BACK	18 XTFMAX LEGS	19 ONEONONE ABS	20 XTFMAX LONG & LEAN	21 OFF
22 XTFMAX CIRCUIT BURNOUT	23 XTFMAX HARD CORE	24 XTFMAX ARMS	25 XTFMAX LEGS	26 XTFMAX CHEST & BACK	27 XTFMAX TOTAL BODY	28 XTFMAX STRETCH+ABS
29 XTFMAX CIRCUIT BURNOUT	30 XTFMAX HARD CORE	31 XTFMAX ARMS	32 XTFMAX LEGS	33 XTFMAX CHEST & BACK	34 XTFMAX TOTAL BODY	35 XTFMAX STRETCH+ABS
36 ONEONONE LOWER BODY	37 XTFMAX HARD CORE	38 XTFMAX ARMS	39 XTFMAX LEGS	40 XTFMAX CHEST & BACK	41 XTFMAX TOTAL BODY	42 XTFMAX STRETCH+ABS
43 XTFMAX CARDIO MAX	44 XTFMAX ARMS	45 XTFMAX HARD CORE	46 XTFMAX CHEST & BACK	47 XTFMAX CHEST & BACK	48 XTFMAX CARDIO	49 XTFMAX DEFINITIONS
50 XTFMAX CARDIO MAX	51 XTFMAX ARMS	52 XTFMAX HARD CORE	53 XTFMAX CHEST & BACK	54 XTFMAX LONG & LEAN	55 XTFMAX CARDIO	56 XTFMAX DEFINITIONS
57 ONEONONE ARMS	58 XTFMAX HARD CORE	59 XTFMAX CHEST & BACK	60 XTFMAX LONG & LEAN	61 ONEONONE TOTAL BODY	62 XTFMAX DEFINITIONS	63 XTFMAX ARMS
64 XTFMAX CARDIO + ABS	65 XTFMAX TOTAL BODY	66 XTFMAX CIRCUIT + ABS	67 XTFMAX LEGS	68 XTFMAX CARDIOMAX+ABS	69 XTFMAX ARMS	70 XTFMAX LONG & LEAN +ABS
71 XTFMAX CARDIO + ABS	72 XTFMAX TOTAL BODY	73 XTFMAX CIRCUIT + ABS	74 XTFMAX LEGS	75 XTFMAX CARDIOMAX+ABS	76 XTFMAX ARMS	77 XTFMAX LONG & LEAN +ABS
78 ONEONONE ARMS + ABS	79 XTFMAX TOTAL BODY	80 ONEONONE ABS	81 XTFMAX LEGS	82 ONEONONE CHEST & BACK	83 XTFMAX ARMS	84 XTFMAX LONG & LEAN +ABS
85 XTFMAX CIRCUIT BURNOUT + ABS	86 XTFMAX TOTAL BODY + STRETCH	87 ONEONONE LOWER BODY + ABS	88 XTFMAX DEFINITIONS + STRETCH	89 XTFMAX CARDIO + ABS	90 XTFMAX HARD CORE	91 SUBMIT BEFORE AND AFTER PHOTO AT XTRAINFIT.COM/FREEGEAR