



XTRAINFIT.TV TONING

30 DAY CALENDAR

CHOOSE ANY CORRESPONDING
WORKOUT FROM XTRAINFIT.TV

| | | | | | | |
|------------------|--------------------|---|---------------|-------------------|---------------|-------------------|
| 1 CORE | 2 UPPER BODY | 3 LOWER BODY | 4 CARDIO | 5 REST | 6 TOTAL BODY | 7 YOGA OR STRETCH |
| 8 CORE | 9 PLYO OR CARDIO | 10 REST | 11 UPPER BODY | 12 LOWER BODY | 13 TOTAL BODY | 14 CORE |
| 15 CARDIO TONING | 16 YOGA OR STRETCH | 17 REST | 18 TOTAL BODY | 19 CORE | 20 LOWER BODY | 21 UPPER BODY |
| 22 CARDIO | 23 TOTAL BODY | 24 YOGA OR STRETCH | 25 REST | 26 PLYO OR CARDIO | 27 TOTAL BODY | 28 CARDIO |
| 29 CORE | 30 YOGA OR STRETCH | SUBMIT BEFORE AND AFTER PHOTO AT XTRAINFIT.COM/FREEGEAR | | | | |



STREAM XTRAINFIT ON DEMAND
SAVE 50% ON YOUR FIRST 3 MONTHS WITH PROMO CODE "ONDEMAND"
WWW.XTRAINFIT.TV