

WEEK 0		STARTING WEIGHTS⁰	CUT ABS CIRCUIT	CUT ABS CIRCUIT	HIGH INTENSITY SPEED CIRCUIT**	CUT ABS CIRCUIT	REST DAY
WEEK 1	1	HIGH INTENSITY STRENGTH CIRCUIT*	CUT ABS CIRCUIT	CUT ABS CIRCUIT	HIGH INTENSITY SPEED CIRCUIT**	CUT ABS CIRCUIT	REST DAY
WEEK 2	8	HIGH INTENSITY STRENGTH CIRCUIT*	CUT ABS CIRCUIT	CUT ABS CIRCUIT	HIGH INTENSITY SPEED CIRCUIT**	CUT ABS CIRCUIT	REST DAY
WEEK 3	15	HIGH INTENSITY STRENGTH CIRCUIT*	CUT ABS CIRCUIT	CUT ABS CIRCUIT	HIGH INTENSITY SPEED CIRCUIT**	CUT ABS CIRCUIT	REST DAY
WEEK 4	22	HIGH INTENSITY STRENGTH CIRCUIT*	CUT ABS CIRCUIT	CUT ABS CIRCUIT	HIGH INTENSITY SPEED CIRCUIT**	CUT ABS CIRCUIT	REST DAY
WEEK 5	CONTINUE TO REPEAT THE PROTOCOL...						

⁰COMPLETE WORKSHEET 0 - STARTING WEIGHTS

***COMPLETE WEEKLY WORKSHEET 1 - HIGH INTENSITY STRENGTH CIRCUIT**

**** COMPLETE WEEKLY WORKSHEET 2 - HIGH INTENSITY SPEED CIRCUIT, ABS, AND BODY MEASUREMENTS**