



















































April 2- May 27 2023



STOP THE FITNESS FREE-FOR-ALL  
Start Training

 STRENGTHCLASS
  SWEATCLASS
  LOCKERROOM
  HOMEROOM
  CORE/STRETCH

SUN	MON	TUES	WED	THUR	FRI	SAT
Phase 1 <sup>2</sup> STRENGTH	 <sup>3</sup>	 <sup>4</sup>	 <sup>5</sup>	 <sup>6</sup>	 <sup>7</sup>	 <sup>8</sup>
<sup>9</sup>	 <sup>10</sup>	 <sup>11</sup>	 <sup>12</sup>	 <sup>13</sup>	 <sup>14</sup>	 <sup>15</sup>
Phase 2 <sup>16</sup> ENDURANCE	 <sup>17</sup>	 <sup>18</sup>	 <sup>19</sup>	 <sup>20</sup>	 <sup>21</sup>	 <sup>22</sup>
<sup>23</sup>	 <sup>24</sup>	 <sup>25</sup>	 <sup>26</sup>	 <sup>27</sup>	 <sup>28</sup>	 <sup>29</sup>
Phase 3 <sup>30</sup> POWER	 <sup>1</sup>	 <sup>2</sup>	 <sup>3</sup>	 <sup>4</sup>	 <sup>5</sup>	 <sup>6</sup>
<sup>7</sup>	 <sup>8</sup>	 <sup>9</sup>	 <sup>10</sup>	 <sup>11</sup>	 <sup>12</sup>	 <sup>13</sup>
Phase 4 <sup>14</sup> CORE	 <sup>15</sup>	 <sup>16</sup>	 <sup>17</sup>	 <sup>18</sup>	 <sup>19</sup>	 <sup>20</sup>
<sup>21</sup>	 <sup>22</sup>	 <sup>23</sup>	 <sup>24</sup>	 <sup>25</sup>	 <sup>26</sup>	 <sup>27</sup>



**STOP THE FITNESS FREE-FOR-ALL**

*Start Training*

## Rules

- MOVE THROUGH THE PHASES BY COMPLETING 5 CLASSES A WEEK IN THE ORDER LAID OUT IN THE CALENDAR & ONLINE.
- USE THE LEGEND TO SEE WHICH CLASS YOU ARE TO DO EACH DAY
- PLACE 2 REST DAYS WHEREVER YOU NEED THEM EACH WEEK (EX. WEDNESDAY & SUNDAY, SATURDAY & SUNDAY)
- COMPLETE THE WEEKLY CORE AND STRETCH CLASS 3-4 TIMES. THIS IS DESIGNED TO BE REPEATED MULTIPLE TIMES IN EACH BLOCK. ADD A HEART INTO YOUR TRACKER ON THE DAYS YOU COMPLETE.
- IF YOU MISS A WORKOUT , COMPLETE IT THE NEXT DAY AND CONTINUE IN THE CORRECT ORDER
- CHECK OFF THE CLASSES AS YOU GO TO STAY ACCOUNTABLE
- SHARE YOUR JOURNEY WITH US AND OTHERS FOR A CHANCE TO BE ENTERED TO WIN A PRIZE