



# Badge One

WEEK 1 LOWER BODY	GLUTES & HAMS 		QUADS & CALVES 		FLOW 1 
WEEK 2 UPPER BODY	BACK & CHEST 		SHOULDERS & ARMS 		FLOW 2 
WEEK 3 SPLIT BODY	LOWER & CORE 		UPPER & CORE 		FLOW 3 
WEEK 4 FULL BODY	FULL BODY 1 		FULL BODY 2 		FLOW 4 



# Badge Two

WEEK 5 LOWER BODY	GLUTES & HAMS 		QUADS & CALVES 		FLOW 1 
WEEK 6 UPPER BODY	BACK & CHEST 		SHOULDERS & ARMS 		FLOW 2 
WEEK 7 SPLIT BODY	LOWER & CORE 		UPPER & CORE 		FLOW 3 
WEEK 8 FULL BODY	FULL BODY 1 		FULL BODY 2 		FLOW 4 



# Badge Three

WEEK 9 LOWER BODY	GLUTES & HAMS 	X	QUADS & CALVES 	X	FLOW 1 
WEEK 10 UPPER BODY	BACK & CHEST 	X	SHOULDERS & ARMS 	X	FLOW2 
WEEK 11 SPLIT BODY	LOWER & CORE 	X	UPPER & CORE 	X	FLOW 3 
WEEK 12 FULL BODY	FULL BODY 1 	X	FULL BODY 2 	X	FLOW 4 