



INTLAGENTS ELITE 12

WEEKS 1-4

1 LVL 1 Upper Calis	2 LVL 1 Lower Calis	3 LVL 1 Mobility	4 LVL 1 Upper Calis	5 LVL 1 Lower Calis	6 LVL 1 Mobility	7 REST
8 LVL 1 Upper Calis	9 LVL 1 Lower Calis	10 LVL 1 Mobility	11 LVL 1 Upper Calis	12 LVL 1 Lower Calis	13 LVL 1 Mobility	14 REST
15 LVL 1 Upper Calis	16 LVL 1 Lower Calis	17 LVL 1 Mobility	18 LVL 1 Upper Calis	19 LVL 1 Lower Calis	20 LVL 1 Mobility	21 REST
22 LVL 1 Upper Calis	23 LVL 1 Lower Calis	24 LVL 1 Mobility	25 Lvl 1 Upper Calis	26 LVL 1 Lower Calis	27 LVL 1 Mobility	28 REST

LITE WORKOUT CALENDAR



INTLAGENTS ELITE 12

WEEKS 5-8

1 LVL 2 Upper Calis	2 LVL 2 Lower Calis	3 LVL 2 Cardio	4 LVL 2 Upper Calis	5 LVL 2 Lower Calis	6 LVL 2 MMA	7 REST
8 LVL 2 Upper Calis	9 LVL 2 Lower Calis	10 LVL 2 Cardio	11 LVL 2 Upper Calis	12 LVL 2 Lower Calis	13 LVL 2 MMA	14 REST
15 LVL 2 Upper Calis	16 LVL 2 Lower Calis	17 LVL 2 Cardio	18 LVL 2 Upper Calis	19 LVL 2 Lower Calis	20 LVL 2 MMA	21 REST
22 LVL 2 Upper Calis	23 LVL 2 Lower Calis	24 LVL 2 Cardio	25 LVL 2 Upper Calis	26 LVL 2 Lower Calis	27 LVL 2 MMA	28 REST

LITE WORKOUT CALENDAR



INTLAGENTS ELITE 12

WEEKS 9-12

1 LVL 3 Upper Calis	2 LVL 3 MMA	3 LVL 3 Hiit	4 LVL 3 Lower Calis	5 LVL 3 MMA	6 LVL 3 Hiit	7 REST
8 LVL 3 Upper Calis	9 LVL 3 MMA	10 LVL 3 Hiit	11 LVL 3 Lower Calis	12 LVL 3 MMA	13 LVL 3 Hiit	14 REST
15 LVL 3 Upper Calis	16 LVL 3 MMA	17 LVL 5 Hiit	18 LVL 3 Lower Calis	19 LVL 3 MMA	20 LVL 3 Hiit	21 REST
22 LVL 3 Upper Calis	23 LVL 3 MMA	24 LVL 5 Hiit	25 LVL 3 Lower Calis	26 LVL 3 MMA	27 LVL 3 Hiit	28 TAKE AFTER PICTURE

LITE WORKOUT CALENDAR