



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 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

ORIGINAL WORKOUT CALENDAR



INTLAGENTS ELITE 12

WEEKS 5-8

1 LVL 3 Upper Calis	2 LVL 3 MMA	3 LVL 3 Hiit	4 LVL 3 Lower Calis	5 LVL 3 MMA	6 LVL 4 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 4 Upper Calis	16 LVL 4 MMA	17 LVL 4 Lower Calis	18 LVL 4 HIIT	19 LVL 4 CHEST, CORE Abs	20 LVL 4 PLYO	21 REST
22 LVL 4 Upper Calis	23 LVL 4 MMA	24 LVL 4 Lower Calis	25 LVL 4 HIIT	26 LVL 4 CHEST, CORE. Abs	27 LVL 4 PLYO	28 REST

ORIGINAL WORKOUT CALENDAR



INTLAGENTS ELITE 12

WEEKS 9-12

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

ORIGINAL WORKOUT CALENDAR