WEEK 0		STARTING WEIGHTS ⁰	CUT ABS CIRCUIT	CUT ABS CIRCUIT	HIGH INTENSITY SPEED CIRCUIT**	CUT ABS CIRCUIT	REST DAY
WEEK 1	PLAY DAY	HIGH 2 INTENSITY STRENGTH CIRCUIT*	CUT ABS CIRCUIT	CUT ABS CIRCUIT	HIGH 5 INTENSITY SPEED CIRCUIT**	CUT ABS CIRCUIT	7 REST DAY
WEEK 2	PLAY DAY	HIGH INTENSITY STRENGTH CIRCUIT*	CUT ABS CIRCUIT	CUT ABS CIRCUIT	HIGH INTENSITY SPEED CIRCUIT**	CUT ABS CIRCUIT	14 REST DAY
WEEK 3	PLAY DAY	HIGH INTENSITY STRENGTH CIRCUIT*	CUT ABS CIRCUIT	CUT ABS CIRCUIT	HIGH 19 INTENSITY SPEED CIRCUIT**	CUT ABS CIRCUIT	21 REST DAY
WEEK 4	PLAY DAY	HIGH INTENSITY STRENGTH CIRCUIT*	CUT ABS CIRCUIT	CUT ABS CIRCUIT	HIGH INTENSITY SPEED CIRCUIT**	CUT ABS CIRCUIT	28 REST DAY
WEEK 5			CONTINUE TO	O REPEAT THE PR	ROTOCOL		

°COMPLETE WORKSHEET 0 -STARTING WEIGHTS

*COMPLETE WEEKLY WORKSHEET 1 - HIGH INTENSITY STRENGTH CIRCUIT

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