

Start Date:	
Follow this daily workout schedule for your first round of Core de Force.	
YourFitnessPath.com	



**30 Day Calendar**

**Punch. Kick. Sweat. Repeat.**

Put an "X" or "/" through every workout you complete.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	MMA Speed	Dynamic Strength	MMA Speed	Power Sculpt	MMA Shred	Dynamic Strength	Active Recovery
<b>Week 2</b>	MMA Shred	Power Sculpt	MMA Shred	Dynamic Strength	MMA Power	Power Sculpt	Active Recovery
	Core Kinetics		Core Kinetics				
<b>Week 3</b>	MMA Power	Dynamic Strength	MMA Power	Power Sculpt	MMA Plyo	Dynamic Strength	Active Recovery
	Core Kinetics	Core on the Floor	Core Kinetics	Core on the Floor		Core on the Floor	
<b>Week 4</b>	MMA Plyo	Power Sculpt	MMA Plyo	Dynamic Strength	MMA Speed	MMA Shred	Active Recovery
	Core Kinetics	Core on the Floor	Core Kinetics	Core on the Floor	Core Kinetics	Core Kinetics	
<b>Week 5</b>	MMA Power	MMA Plyo		Before starting round 2, we recommend adding a rest day or active recovery day to get the most out of your next round.			
	Core Kinetics	Core Kinetics					