

CORE DE FORCE

30-DAY CALENDAR

PUNCH. KICK. SWEAT. REPEAT.

FOLLOW THIS **DAILY WORKOUT SCHEDULE** FOR YOUR FIRST ROUND OF CORE DE FORCE™ AND PUT AN **X** THROUGH EVERY WORKOUT YOU COMPLETE.

DO YOUR 5-MINUTE CORE DE FORCE RELIEF ROUTINE BEFORE BED TO HELP RELIEVE TIGHT AND TIRED MUSCLES—AND PREPARE FOR THE NEXT DAY'S WORKOUT.



GET STARTED

TAKE YOUR "BEFORE" PHOTOS AND MEASUREMENTS.

DAY 1

MMA SPEED

DAY 2

DYNAMIC STRENGTH

DAY 3

MMA SPEED

DAY 4

POWER SCULPT

DAY 5

MMA SHRED

DAY 6

DYNAMIC STRENGTH

DAY 7

ACTIVE RECOVERY

DAY 8

MMA SHRED + CORE KINETICS

DAY 9

POWER SCULPT

DAY 10

MMA SHRED + CORE KINETICS

DAY 11

DYNAMIC STRENGTH

DAY 12

MMA POWER

DAY 13

POWER SCULPT

DAY 14

ACTIVE RECOVERY

DAY 15

MMA POWER + CORE KINETICS

DAY 16

DYNAMIC STRENGTH + 5 MIN. CORE ON THE FLOOR

DAY 17

MMA POWER + CORE KINETICS

DAY 18

POWER SCULPT + 5 MIN. CORE ON THE FLOOR

DAY 19

MMA PLYO

DAY 20

DYNAMIC STRENGTH + 5 MIN. CORE ON THE FLOOR

DAY 21

ACTIVE RECOVERY

DAY 22

MMA PLYO + CORE KINETICS

DAY 23

POWER SCULPT + 5 MIN. CORE ON THE FLOOR

DAY 24

MMA PLYO + CORE KINETICS

DAY 25

DYNAMIC STRENGTH + 5 MIN. CORE ON THE FLOOR

DAY 26

MMA SPEED + CORE KINETICS

DAY 27

MMA SHRED + CORE KINETICS

DAY 28

ACTIVE RECOVERY

DAY 29

MMA POWER + CORE KINETICS

DAY 30

MMA PLYO + CORE KINETICS

ROUND 1

"AFTER" PHOTOS & MEASUREMENTS CHECK-IN

Don't forget to submit your "before" and "after" photos and measurements to:

TAKEBBCHALLENGE.COM to get your **FREE T-SHIRT!**

BEFORE STARTING ROUND 2, WE RECOMMEND ADDING A REST DAY OR ACTIVE RECOVERY DAY TO GET THE MOST OUT OF YOUR NEXT ROUND.

AND ONCE YOU'RE READY, CHECK OUT **TWO MORE CALENDAR OPTIONS** FOR YOUR NEXT 30 DAYS **ON THE BACK!**



CHECK OUT



for more resources to help you succeed! You'll get:

- Streaming access to your CORE DE FORCE workouts
- Exclusive Q&As with your Trainers Joel and Jericho
- 24/7 support and motivation from fitness experts and peers on the Message Boards

To sign up for a **FREE 30-DAY TRIAL** to Beachbody® On Demand, contact your Team Beachbody® Coach or go to **BEACHBODYONDEMAND.COM.***

*Cancel anytime during free trial. After 30 days, subscription fees will apply. Consult your physician and follow the high intensity and physically demanding exercise program and nutrition plan.

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