

EXPRESS

CALENDAR

EXPRESS VERSION

	MONDAY DAY 1	TUESDAY DAY 2	WEDNESDAY DAY 3	THURSDAY DAY 4	FRIDAY DAY 5	SATURDAY DAY 6	SUNDAY DAY 7
WEEK 1	MET-CON Meal Plan 1	HIIT+CORE Meal Plan 1	MET-CON Meal Plan 1	HIIT+CORE Meal Plan 1	MET-CON Meal Plan 1	REST Meal Plan 3	REST Meal Plan 3
WEEK 2	MET-CON Meal Plan 1	HIIT+CORE Meal Plan 1	MET-CON Meal Plan 1	HIIT+CORE Meal Plan 1	MET-CON Meal Plan 2	REST Meal Plan 3	REST Meal Plan 3
WEEK 3	MET-CON Meal Plan 1	HIIT+CORE Meal Plan 1	MET-CON Meal Plan 1	HIIT+CORE Meal Plan 1	MET-CON Meal Plan 2	REST Meal Plan 3	REST Meal Plan 3