



ULTIMATE
BEGINNER
Program Calendar

	M	T	W	T	F	S	S
WK 1	FULL BODY	REST/ACTIVE REST DAY	FULL BODY	REST / ACTIVE REST DAY	FULL BODY	REST / ACTIVE REST DAY	REST/ACTIVE REST DAY
WK 2	FULL BODY	REST/ACTIVE REST DAY	FULL BODY	REST / ACTIVE REST DAY	FULL BODY	REST / ACTIVE REST DAY	REST/ACTIVE REST DAY
WK 3	FULL BODY	REST/ACTIVE REST DAY	FULL BODY	REST / ACTIVE REST DAY	FULL BODY	REST / ACTIVE REST DAY	REST/ACTIVE REST DAY
WK 4	FULL BODY	REST/ACTIVE REST DAY	FULL BODY	REST / ACTIVE REST DAY	FULL BODY	REST / ACTIVE REST DAY	REST/ACTIVE REST DAY
WK 5	LOWER BODY	UPPER BODY	REST/ACTIVE REST DAY	LOWER BODY	UPPER BODY	REST / ACTIVE REST DAY	REST/ACTIVE REST DAY
WK 6	LOWER BODY	UPPER BODY	REST/ACTIVE REST DAY	LOWER BODY	UPPER BODY	REST / ACTIVE REST DAY	REST/ACTIVE REST DAY

