



**ULTIMATE**  
BEGINNER





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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

