

PHASE 3 - EVOLVE (CONT)

DAY 57 COMBAT CARDIO STRIKES ROUNDS 1 & 2	DAY 58 COMBAT POWER KICKS/ COMBAT POWER PUNCHES	DAY 59 COMBAT CORE ROUND 2 /COMBAT ABS ROUND 2	DAY 60 COMBAT POWER PUNCHES	DAY 61 FULL BODY COMBAT ROUND 2 / COMBAT ABS ROUND 2	DAY 62 COMBAT CARDIO STRIKES ROUND 2	DAY 63 REST & RECOVERY
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TEST YOUR MIGHT 2 MINUTE CHALLENGE - SAMPLE SCHEDULE

DAY 1 TYM 2 MIN MOVEMENT CHALLENGE	DAY 2 TYM 2 MIN CARDIO CHALLENGE	DAY 3 TYM 2 MIN LOWER BODY CHALLENGE	DAY 4 TYM 2 MIN MOVEMENT CHALLENGE	DAY 5 TYM 2 MIN CARDIO CHALLENGE	DAY 6 TYM 2 MIN LOWER BODY CHALLENGE	DAY 7 REST & RECOVERY
DAY 8 TYM 2 MIN UPPER BODY CHALLENGE	DAY 9 TYM 2 MIN ISOMETRIC CHALLENGE	DAY 10 TYM 2 MIN PLYOMETRIC CHALLENGE	DAY 11 TYM 2 MIN UPPER BODY CHALLENGE	DAY 12 TYM 2 MIN PLYOMETRIC CHALLENGE	DAY 13 TYM 2 MIN ISOMETRIC CHALLENGE	DAY 14 REST & RECOVERY
DAY 15 TYM 2 MIN STABILITY CHALLENGE	DAY 16 TYM 2 MIN CORE & ABS CHALLENGE	DAY 17 TYM 2 MIN TOTAL BODY CHALLENGE	DAY 18 TYM 2 MIN CORE & ABS CHALLENGE	DAY 19 TYM 2 MIN TOTAL BODY CHALLENGE	DAY 20 TYM 2 MIN STABILITY CHALLENGE	DAY 21 REST & RECOVERY