

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

SPEED 3.0

RIPT UP

RIPT CIRCUIT

THE PYRAMID

SPEED 3.0

STRETCH

REST

RIPT UP

EXTREME  
CIRCUIT

RIPT CIRCUIT

THE PYRAMID

RIPT UP

STRETCH

REST

THE PYRAMID

SPEED 3.0

SPEED 2.0

EXTREME  
CIRCUIT

THE PYRAMID

STRETCH

REST

EXTREME  
CIRCUIT

RIPT UP

CORE CARDIO

THE PYRAMID

EXTREME  
CIRCUIT

STRETCH

REST