

Evolution6 Workout Schedule

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Evolution6 Fitness Test	DAY OFF	Beginner Total Body #1	DAY OFF	Beginner Total Body #2	DAY OFF	DAY OFF
WEEK 2	Beginner Total Body #3	DAY OFF	Beginner Cardio Core #1	DAY OFF	Beginner Total Body #4	DAY OFF	DAY OFF
WEEK 3	Beginner Cardio Core #1	DAY OFF	Beginner Upper Body #1	DAY OFF	Beginner Lower Body #1	DAY OFF	DAY OFF
WEEK 4	Beginner Total Body #3	DAY OFF	Beginner Cardio Core #2	DAY OFF	Beginner Total Body #4	DAY OFF	DAY OFF

WEEK

5

Beginner
Total Body #5

DAY OFF

Beginner
Total Body #4

DAY OFF

Beginner
Cardio Core #3

DAY OFF

DAY OFF

WEEK

6

Beginner
Upper Body #2

DAY OFF

Beginner
Lower Body #2

DAY OFF

Beginner
Cardio Core #3

Evolution6
Fitness Test

DAY OFF