



QUADZILLA
 FAITH | FAMILY | FITNESS | FORTITUDE

HYBRID WORKOUT CALENDAR

21 day
FIX

**A LITTLE
 OBSESSED**

21 day
**FIX
 EXTREME**

**BEACHBODY
 ON DEMAND**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	21DF: Dirty Dozen	21DF: Cardio Core Remix	21DF: Flat Abs Fix	21DF: Barre Legs	A Little Obsessed: AAA	Active Recovery/ Rest	Rest/ Make up
WEEK 2	21DFX: The Fix Challenge	21DF: Cardio Fix	21DFX: Power Strength Extreme	21DF: Dirty 30	21DF: Plyo Fix	Active Recovery/ Rest	Rest/ Make up
WEEK 3	21DFX: Upper Fix Extreme	21DFX: Cardio Fix Extreme	21DFX: Dirty 30 Extreme	A Little Obsessed: Legs	21DFX: ABC Extreme	Active Recovery/ Rest	Rest/ Make up

ACTIVE RECOVERY = RIDE BIKES, TAKE A WALK, TRY YOGA ON BOD, ETC.

FIND OTHER CHALLENGING WORKOUTS ON MY WEBSITE:

[HTTPS://TEAMQUADZILLA.COM/FITNESS-CHALLENGES/](https://teamquadzilla.com/fitness-challenges/)