

# CARDIO & STRENGTH

WEEK CHALLENGE		SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6	SESSION 7
3-4 Sessions	TRIAL WEEK 0.1	Aphrodite	Aphrodite	Aphrodite	Aphrodite			
3-4 Sessions	TRIAL WEEK 0.2	PushupMAX SquatMAX	PushupMAX SquatMAX	PushupMAX SquatMAX	PushupMAX SquatMAX			
3-4 Sessions	TRIAL WEEK 0.3	Dione o Zeus	Dione o Zeus	Dione o Zeus	Dione o Zeus			
3-4 Sessions	TRIAL WEEK 0.4	Metis	Metis	Metis	Metis			
	TRIAL WEEK 0.5 (Hell Week)	Dione o Zeus	SquatMAX PushupMAX Metis	Dione	Aphrodite	Dione o Zeus	Aphrodite	Dione o Zeus Metis SquatMAX
	WEEK 1	Venus	BurpeeMAX	Aphrodite	SquadMAX	Dione		
Aphrodite PB BurpeeMAX PB	WEEK 2	Artemis	Metis	Aphrodite	BurpeeMAX	Artemis		
Artemis PB	WEEK 3	Aphrodite	Hades	Artemis	Hades 7m Rest SitupMAX			
Aphrodite star	WEEK 4	Aphrodite	Aphrodite	3x PushupMAX 3m Rest PullupMAX 3m Rest	Aphrodite			
Hades PB twice	WEEK 5	Hades	Artemis	SitupMAX 3m Rest BurpeeMAX 4m Rest SitupMAX	Iris	Hades		
Artemis PB Aphrodite PB	WEEK 6	Zeus	BurpeeMAX	Artemis	Aphrodite	Zeus		
	WEEK 7 (Hell Week)	Dione Poseidon Venus	Artemis Metis Aphrodite	Poseidon Zeus Iris				
Hades star	WEEK 8	Hades	SquatMAX 5m Rest SitupMAX	Hades	Zeus	Hades		
Iris PB Artemis PB	WEEK 9	Zeus	Iris 7m Rest SitupMAX	Artemis	Iris 7m Rest SitupMAX			
Zeus PB	WEEK 10	Zeus	Iris	Hades	Aphrodite			
PullupMAX PB PushupMAX PB	WEEK 11	Artemis	3x PushupMAX 3m Rest 1x BurpeeMAX	Dione	2x PullupMAX 4m Rest 1x PullupMAX 2m Rest 1x BurpeeMAX	Venus		
Aphrodite PB BurpeeMAX PB	WEEK 12	Aphrodite	Hades 7m Rest SquatMAX	BurpeeMAX 3m Rest BurpeeMAX 5m Rest BurpeeMAX	Hades 7m Rest SitupMAX			
Venus PB	WEEK 13	Dione	PushupMAX 3m Rest PullupMAX 3m Rest BurpeeMAX 4m Rest PullupMAX 3m Rest PushupMAX	Venus	PushupMAX 3m Rest PullupMAX 3m Rest BurpeeMAX 4m Rest PullupMAX 3m Rest PushupMAX	Dione		
Poseidon PB	WEEK 14	Poseidon 5m Rest Metis	Iris 7m Rest SitupMAX	Poseidon 5m Rest Metis	Iris 7m Rest SitupMAX			
	WEEK 15 (Hell Week)	Aphrodite	Artemis 7m Rest SitupMAX	Poseidon SquadMAX Dione	Hades 7m Rest SitupMAX	Iris	Venus 7m Rest PullupMAX	Zeus Metis Artemis

# CARDIO

WEEK CHALLENGE		SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6	SESSION 7
3-4 Sessions	TRIAL WEEK 0.1	Aphrodite	Aphrodite	Aphrodite	Aphrodite			
3-4 Sessions	TRIAL WEEK 0.2	PushupMAX SquatMAX	PushupMAX SquatMAX	PushupMAX SquatMAX	PushupMAX SquatMAX			
3-4 Sessions	TRIAL WEEK 0.3	Dione	Dione	Dione	Dione			
3-4 Sessions	TRIAL WEEK 0.4	Metis	Metis	Metis	Metis			
	TRIAL WEEK 0.5 (Hell Week)	Dione	SquatMAX PushupMAX Metis	Dione	Aphrodite	Dione	Aphrodite	Dione Metis SquatMAX
	WEEK 1	Dione	BurpeeMAX 5m Rest SquatMAX 5m Rest BurpeeMAX	Aphrodite	BurpeeMAX 5m Rest SquatMAX 5m Rest BurpeeMAX	Dione		
Aphrodite PB twice	WEEK 2	Aphrodite	BurpeeMAX 3m Rest SitupMAX 3m Rest BurpeeMAX	Iris	BurpeeMAX 3m Rest SitupMAX 3m Rest BurpeeMAX	Aphrodite		
Dione PB BurpeeMAX PB	WEEK 3	Dione	BurpeeMAX 5m Rest BurpeeMAX 3m Rest BurpeeMAX	Venus	BurpeeMAX 5m Rest BurpeeMAX 3m Rest BurpeeMAX	Dione		
Aphrodite star	WEEK 4	Aphrodite	BurpeeMAX 5m Rest LegLeverMAX 3m Rest BurpeeMAX 3m Rest LegLeverMAX	Aphrodite	Aphrodite	BurpeeMAX 5m Rest LegLeverMAX 3m Rest BurpeeMAX 3m Rest LegLeverMAX		
SquatMAX PB	WEEK 5	Dione	SquatMAX 5m Rest PushupMAX 3m Rest Metis	Dione	SquatMAX 5m Rest PushupMAX 3m Rest Metis			
BurpeeMAX PB twice	WEEK 6	Iris	BurpeeMAX 5m Rest SquatMAX 5m Rest BurpeeMAX 1m Rest SitupMAX	Aphrodite	BurpeeMAX 5m Rest SquatMAX 5m Rest BurpeeMAX 1m Rest SitupMAX	Iris		
	WEEK 7 (Hell Week)	Metis Aphrodite Iris	Dione Metis Aphrodite	Metis Aphrodite Iris				
Aphrodite PB	WEEK 8	Apollon	LegLeverMAX 3m Rest Metis	Aphrodite	Apollon	LegLeverMAX 3m Rest Metis		
Dione star	WEEK 9	Dione	Metis 7m Rest Aphrodite	Dione	Dione			
Dione PB	WEEK 10	Dione	Iris	Aphrodite	Apollon	Metis 5m Rest SitupMAX		
BurpeeMAX PB	WEEK 11	Dione	Apollon	BurpeeMAX 3m Rest BurpeeMAX 5m Rest BurpeeMAX	Iris	Aphrodite		
Apollon PB	WEEK 12	Apollon	SitupMAX 3m Rest BurpeeMAX 5m Rest SitupMAX	Iris	SitupMAX 3m Rest BurpeeMAX 5m Rest SitupMAX	Apollon		
Iris PB twice	WEEK 13	SquatMAX 5m Rest Metis	Iris	Dione	Iris	SquatMAX 3m Rest Metis		
Apollon PB	WEEK 14	Apollon	SitupMAX 5m Rest Metis 3m Rest SitupMAX	Venus	SitupMAX 5m Rest Metis 3m Rest SitupMAX	Iris		
	WEEK 15 (Hell Week)	Aphrodite	Iris 7m Rest BurpeeMAX	Dione SquatMAX Metis	Aphrodite 7m Rest LegLeverMAX	Iris	Dione 7m Rest SquatMAX	Aphrodite Metis Apollon

## STRENGTH

WEEK CHALLENGE		SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6	SESSION 7
3-4 Sessions	TRIAL WEEK 0.1	Aphrodite	Aphrodite	Aphrodite	Aphrodite			
3-4 Sessions	TRIAL WEEK 0.2	PushupMAX SquatMAX	PushupMAX SquatMAX	PushupMAX SquatMAX	PushupMAX SquatMAX			
3-4 Sessions	TRIAL WEEK 0.3	Zeus	Zeus	Zeus	Zeus			
3-4 Sessions	TRIAL WEEK 0.4	Metis	Metis	Metis	Metis			
	TRIAL WEEK 0.5 (Hell Week)	Zeus	SquatMAX PushupMAX Metis	Dione	Aphrodite	Zeus	Aphrodite	Zeus Metis SquatMAX
	WEEK 1	Venus	PullupMAX 3m Rest SquatMAX 3m Rest PullupMAX	Venus	PullupMAX 3m Rest SquatMAX 3m Rest PullupMAX			
Venus PB	WEEK 2	Poseidon 5m Rest SitupMAX	Aphrodite	Poseidon 5m Rest SitupMAX	Venus			
PullupMAX PB twice	WEEK 3	PushupMAX 2m Rest PullupMAX 3m Rest PushupMAX 3m Rest PullupMAX 2m Rest PushupMAX 2m Rest PullupMAX 1m Rest PushupMAX 1m Rest PullupMAX	Venus	Dione	PushupMAX 2m Rest PullupMAX 3m Rest PushupMAX 3m Rest PullupMAX 2m Rest PushupMAX 2m Rest PullupMAX 1m Rest PushupMAX 1m Rest PullupMAX			
Aphrodite star	WEEK 4	Aphrodite	Hades	Aphrodite	Hades			
Aphrodite PB SquatMAX PB	WEEK 5	Zeus	SquatMAX 5m Rest LegLeverMAX 3m Rest SquatMAX 3m Rest LegLeverMAX	Aphrodite	Zeus			
Artemis PB Aphrodite PB	WEEK 6	Venus	Metis 5m Rest PullupMAX 3m Rest PullupMAX 2m Rest PullupMAX	Dione	Zeus			
	WEEK 7 (Hell Week)	Artemis Poseidon Dione	Poseidon Zeus Aphrodite	Venus Artemis Hades				
Poseidon star	WEEK 8	Poseidon	Artemis	Hades 7m Rest SitupMAX	SquatMAX 5m Rest SquatMAX 3m Rest SquatMAX 5m Rest Metis			
Hades PB Aphrodite PB	WEEK 9	Zeus	Aphrodite	Hades	Venus			
Zeus PB	WEEK 10	Zeus	Venus	Metis 5m Rest Situp MAX	Artemis			
Hades PB	WEEK 11	Hades 7m Rest SquatMAX	Aphrodite	Zeus	PushupMAX 2m Rest SitupMAX 3m Rest LegLeverMAX 2m Rest PushupMAX			
Venus PB Dione PB	WEEK 12	Venus	Poseidon 5m Rest SquatMAX	Dione	Zeus			
Zeus PB	WEEK 13	Artemis	LegLeverMAX 3m Rest PushupMAX 2m Rest LegLeverMAX 3m Rest SquatMAX	Zeus	Venus			
Zeus PB	WEEK 14	Zeus	Metis	Zeus	Metis			
	WEEK 15 (Hell Week)	Aphrodite	Artemis 7m Rest SitupMAX	Venus Hades SitupMAX	Artemis 7m Rest LegLeverMAX	Dione	Poseidon 3m Rest LegLeverMAX	Venus Poseidon Zeus