



GWX ON DEMAND

MUSCLE MAKING STRENGTH

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WK 1	BLITZ	Core Blast 5M	Blast: Lower Body	Rest or Recover	BLITZ	GWX 101 Live	Rest or Recover
WK 2	Blast: Upper body	Blast: Lower Body	Core Blast 5M	Blast: Upper Body	Blast: Lower Body	Rest or Recover	Rest or Recover
WK 3	BLITZ	Blast: Lower Body	Core Blast 10M	Blast: Upper Body	BLITZ	Rest or Recover	Rest or Recover
WK 4	BLITZ 45	Blast: Lower Body	Core Blast 10M	Blast: Upper Body	BLITZ45	GWX 101 Live	GWX Fit 4 Test