# 30-Day Deluxe

**Day 1**  
MMA Speed  
Dynamic Strength

**Day 2**  
MMA Speed  
MMA Speed

**Day 3**  
MMA Speed  
Power Sculpt

**Day 4**  
MMA Shred  
Agility Strength

**Day 5**  
Active Recovery  
Active Recovery

**Day 6**  
Active Recovery  
Active Recovery

**Day 7**  
Active Recovery  
Active Recovery

**Day 8**  
MMA Shred + Core Kinetics  
MMA Agility Power

**Day 9**  
MMA Agility Power  
MMA Kick Butt

**Day 10**  
MMA Kick Butt  
Dynamic Strength

**Day 11**  
MMA Power  
MMA Power

**Day 12**  
MMA Power  
Power Sculpt

**Day 13**  
MMA Power  
MMA Power

**Day 14**  
MMA Plyo  
MMA Plyo

**Day 15**  
MMA Power + Core Kinetics  
MMA Agility Strength + 5 Min. Core on the Floor

**Day 16**  
MMA Agility Strength + 5 Min. Core on the Floor  
MMA Agility Power + 5 Min. Core on the Floor

**Day 17**  
MMA Agility Power + 5 Min. Core on the Floor  
MMA Agility Strength + 5 Min. Core on the Floor

**Day 18**  
MMA Agility Strength + 5 Min. Core on the Floor  
MMA Agility Power + 5 Min. Core on the Floor

**Day 19**  
MMA Agility Power + 5 Min. Core on the Floor  
MMA Agility Strength + 5 Min. Core on the Floor

**Day 20**  
MMA Agility Power + 5 Min. Core on the Floor  
MMA Agility Strength + 5 Min. Core on the Floor

**Day 21**  
MMA Agility Power + 5 Min. Core on the Floor  
MMA Agility Strength + 5 Min. Core on the Floor

**Day 22**  
MMA Plyo + Core Kinetics  
MMA Plyo + Core Kinetics

**Day 23**  
MMA Plyo + Core Kinetics  
MMA Plyo + Core Kinetics

**Day 24**  
MMA Plyo + Core Kinetics  
MMA Plyo + Core Kinetics

**Day 25**  
MMA Plyo + Core Kinetics  
MMA Plyo + Core Kinetics

**Day 26**  
MMA Plyo + Core Kinetics  
MMA Plyo + Core Kinetics

**Day 27**  
MMA Plyo + Core Kinetics  
MMA Plyo + Core Kinetics

**Day 28**  
MMA Plyo + Core Kinetics  
MMA Plyo + Core Kinetics

**Day 29**  
MMA Power + Core Kinetics  
MMA Power + Core Kinetics

**Day 30**  
MMA Power + Core Kinetics  
MMA Power + Core Kinetics

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**FOLLOW THIS DAILY WORKOUT SCHEDULE FOR YOUR DELUXE ROUND OF CORE DE FORCE™ AND PUT AN X THROUGH EVERY WORKOUT YOU COMPLETE.**

**DO YOUR 5-MINUTE CORE DE FORCE RELIEF ROUTINE BEFORE BED TO HELP RELIEVE TIGHT AND TIRED MUSCLES—AND PREPARE FOR THE NEXT DAY’S WORKOUT.**

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**IF YOU HAVE THE CORE DE FORCE DELUXE KIT, FOLLOW THIS CALENDAR FOR 30 MORE DAYS OF CORE-CARVING SWEAT.**

**TO PURCHASE THE CORE DE FORCE DELUXE KIT, CONTACT YOUR TEAM BEACHBODY COACH® OR GO TO TEAMBEACHBODY.COM OR BEACHBODY.COM.**