

intermediate	week 1	week 2	week 3	week 4	week 5	week 6
MONDAY	DIAMOND DOZEN	FAT BURNER	ENERGY!	ENERGY!	FAT BURNER	ENERGY! RED HOT CORE
TUESDAY	DAY OFF					
WEDNESDAY	ENERGY!	ENERGY!	FAT BURNER	DIAMOND DOZEN FAT BURNER	DIAMOND DOZEN FAT BURNER	BELOW THE BELT
THURSDAY	DAY OFF					
FRIDAY	ENERGY!	FAT BURNER	FAT BURNER	BELOW THE BELT	BELOW THE BELT	DIAMOND CUTTER
SATURDAY	DAY OFF	DAY OFF	DAY OFF	OPTIONAL SAT or SUN ENERGY! or FAT BURNER	DAY OFF	OPTIONAL SAT or SUN ENERGY! or FAT BURNER
SUNDAY	DAY OFF	DAY OFF	DAY OFF		DAY OFF	
week 7	week 8	week 9	week 10	week 11	week 12	week 13
FAT BURNER	BELOW THE BELT	ENERGY! RED HOT CORE	FAT BURNER	BELOW THE BELT or *STAND UP! RED HOT CORE	BELOW THE BELT	FAT BURNER RED HOT CORE
BELOW THE BELT RED HOT CORE	ENERGY! RED HOT CORE	FAT BURNER RED HOT CORE	BELOW THE BELT RED HOT CORE	FAT BURNER *STRENGTH BUILDER	ENERGY! or FAT BURNER RED HOT CORE	BELOW THE BELT or *STRENGTH BUILDER
DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
RED HOT CORE	RED HOT CORE	BELOW THE BELT	BELOW THE BELT or *STAND UP! RED HOT CORE	ENERGY! or *STRENGTH BUILDER RED HOT CORE	BELOW THE BELT or *STAND UP! RED HOT CORE	BELOW THE BELT RED HOT CORE
DIAMOND CUTTER	DIAMOND CUTTER	DIAMOND CUTTER	DIAMOND CUTTER	DIAMOND CUTTER	DIAMOND CUTTER	DIAMOND CUTTER or *OIL BLACK DIAMOND
DAY OFF	OPTIONAL SAT or SUN ENERGY! or FAT BURNER					
DAY OFF						

Ddpyoga Program Guide

J Rink



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