



WORKOUT CALENDAR

Sure Thing is an 8-week program built from a science-based approach called TYPE TRAINING™, which targets both type I (slow-twitch) and type II (fast-twitch) muscle fibers to help you reach your fitness goals faster than ever. Your workouts will alternate between Endurance weeks and Power weeks to build stamina and strength while burning calories and building muscle. To help you bust through plateaus, there are two weeks that emphasize strength training with added mobility work and recovery time to ensure your body is always challenged, but never overtrained.

ENDURANCE WEEKS

Endurance weeks use lighter weights and higher rep ranges along with cardio conditioning to tap into those type 1 (slow-twitch) muscle fibers and help get you lean and sculpted.

POWER WEEKS

Power weeks focus on heavy lifting with one explosive cardio day. These workouts target type II (fast-twitch) muscle fibers and help you build strength while still dialing-in fat loss.

FUNCTIONAL RECOVERY WEEKS

Strength circuit workouts are a hybrid approach of both lifting methods with added mobility work. This week is intended to keep you moving while allowing your body a chance to recalibrate and recover so you're ready to take on the new challenges in the weeks to follow.

BEFORE YOU START SURE THING COMPLETE THE **✓FIT CHECK** ON THE BACK OF THIS CALENDAR. There's also a fit check video tutorial on your program page so you can learn and master the moves. Have your supplements and eating plan ready so you are set up for success on day one!

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1 ENDURANCE WEEK	<input type="checkbox"/> ENDURANCE STRENGTH	<input type="checkbox"/> CARDIO CONDITIONING	<input type="checkbox"/> EMOM STRENGTH	<input type="checkbox"/> BODYWEIGHT BURNOUT	<input type="checkbox"/> ENDURANCE STRENGTH	<input type="checkbox"/> REST	<input type="checkbox"/> REST
WEEK 2 POWER WEEK	<input type="checkbox"/> UPPER BODY POWER	<input type="checkbox"/> EXPLOSIVE CARDIO	<input type="checkbox"/> STRENGTH & STABILITY	<input type="checkbox"/> COMBINATION STRENGTH	<input type="checkbox"/> LOWER BODY POWER	<input type="checkbox"/> REST	<input type="checkbox"/> REST
WEEK 3 ENDURANCE WEEK	<input type="checkbox"/> ENDURANCE STRENGTH	<input type="checkbox"/> CARDIO CONDITIONING	<input type="checkbox"/> EMOM STRENGTH	<input type="checkbox"/> BODYWEIGHT BURNOUT	<input type="checkbox"/> ENDURANCE STRENGTH	<input type="checkbox"/> REST	<input type="checkbox"/> REST
WEEK 4 FUNCTIONAL RECOVERY WEEK	<input type="checkbox"/> POWER STRENGTH CIRCUIT	<input type="checkbox"/> REST OR CYCLE	<input type="checkbox"/> ENDURANCE STRENGTH CIRCUIT	<input type="checkbox"/> REST OR CYCLE	<input type="checkbox"/> HYBRID STRENGTH CIRCUIT	<input checked="" type="checkbox"/> ✓FIT CHECK	<input type="checkbox"/> REST
WEEK 5 POWER WEEK	<input type="checkbox"/> UPPER BODY POWER	<input type="checkbox"/> EXPLOSIVE CARDIO	<input type="checkbox"/> STRENGTH & STABILITY	<input type="checkbox"/> COMBINATION STRENGTH	<input type="checkbox"/> LOWER BODY POWER	<input type="checkbox"/> REST	<input type="checkbox"/> REST
WEEK 6 ENDURANCE WEEK	<input type="checkbox"/> ENDURANCE STRENGTH	<input type="checkbox"/> CARDIO CONDITIONING	<input type="checkbox"/> EMOM STRENGTH	<input type="checkbox"/> BODYWEIGHT BURNOUT	<input type="checkbox"/> ENDURANCE STRENGTH	<input type="checkbox"/> REST	<input type="checkbox"/> REST
WEEK 7 POWER WEEK	<input type="checkbox"/> UPPER BODY POWER	<input type="checkbox"/> EXPLOSIVE CARDIO	<input type="checkbox"/> STRENGTH & STABILITY	<input type="checkbox"/> COMBINATION STRENGTH	<input type="checkbox"/> LOWER BODY POWER	<input type="checkbox"/> REST	<input type="checkbox"/> REST
WEEK 8 FUNCTIONAL RECOVERY WEEK	<input type="checkbox"/> POWER STRENGTH CIRCUIT	<input type="checkbox"/> REST OR CYCLE	<input type="checkbox"/> ENDURANCE STRENGTH CIRCUIT	<input type="checkbox"/> REST OR CYCLE	<input type="checkbox"/> HYBRID STRENGTH CIRCUIT	<input checked="" type="checkbox"/> ✓FIT CHECK	<input type="checkbox"/> REST

