

Excuses don't  
burn calories.

The body  
achieves what  
the mind  
believes.

I can.  
I will.  
End of story.

Suck it up now and  
you won't have to  
suck it in later.

Make the time.

Giving up is not  
an option.

Trust the  
process.

*Sunday*

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

*Saturday*

Yoga Fix  
Extreme

Plyo Fix  
Extreme

Upper Fix  
Extreme

Pilates Fix  
Extreme

Lower Fix  
Extreme

Cardio Fix  
Extreme

Dirty 30 Fix  
Extreme

Yoga Fix  
Extreme

Plyo Fix  
Extreme

Upper Fix  
Extreme

Pilates Fix  
Extreme

Lower Fix  
Extreme

Cardio Fix  
Extreme

Dirty 30 Fix  
Extreme

Yoga Fix  
Extreme

Plyo Fix  
Extreme

Upper Fix  
Extreme

Pilates Fix  
Extreme

Lower Fix  
Extreme

Cardio Fix  
Extreme

Dirty 30 Fix  
Extreme

## 21 Day Fix Extreme Schedule

*journeytoahealthyself.com*