

Week 1	Day: 1 Rest Day	Day: 2 Plyometric Cardio Circuit	Day: 3 Cardio Power & Resistance	Day: 4 Cardio Recovery	Day: 5 Pure Cardio	Day: 6 Plyometric Cardio Circuit	Day: 7 Rest Day
Week 2	Day: 8 Cardio Power & Resistance	Day: 9 Pure Cardio	Day: 10 Plyometric Cardio Circuit	Day: 11 Cardio Recovery	Day: 12 Cardio Power & Resistance	Day: 13 Pure Cardio Cardio Abs	Day: 14 Rest Day
Week 3	Day: 15 Rest Day	Day: 16 Plyometric Cardio Circuit	Day: 17 Pure Cardio Cardio Abs	Day: 18 Cardio Recovery	Day: 19 Cardio Power & Resistance	Day: 20 Plyometric Cardio Circuit	Day: 21 Rest Day
Week 4	Day: 22 Pure Cardio Cardio Abs	Day: 23 Cardio Power & Resistance	Day: 24 Plyometric Cardio Circuit	Day: 25 Cardio Recovery	Day: 26 Pure Cardio Cardio Abs	Day: 27 Plyometric Cardio Circuit	Day: 28 Rest Day
Week 5	Day: 29 Core Cardio & Balance	Day: 30 Core Cardio & Balance	Day: 31 Core Cardio & Balance	Day: 32 Core Cardio & Balance	Day: 33 Core Cardio & Balance	Day: 34 Core Cardio & Balance	Day: 35 Rest Day
Week 6	Day: 36 Max Interval Circuit	Day: 37 Max Interval Plyo	Day: 38 Max Cardio Conditioning	Day: 39 Max Recovery	Day: 40 Max Interval Circuit	Day: 41 Max Interval Plyo	Day: 42 Rest Day
Week 7	Day: 43 Max Cardio Conditioning	Day: 44 Max Interval Circuit	Day: 45 Max Interval Plyo	Day: 46 Max Recovery	Day: 47 Max Cardio Conditioning Cardio Abs	Day: 48 Core Cardio & Balance	Day: 49 Rest Day
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# 60 Day Fitness Plan

**Ian Pickup**



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