

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	FIRE STARTER CLASS + STRETCH 10-CLAS	FIRE 40 CLASS + STRETCH 10-CLAS	Rest	FIRE STARTER CLASS + STRETCH 10-CLAS	FIRE 40 CLASS + STRETCH 10-CLAS	FIRE STARTER CLASS + STRETCH 10-CLAS	ART 10 CLASS + STRETCH 10-CLAS
2	LOW IMP 20 CLASS + STRETCH 10-CLAS	FIRE 40 CLASS + STRETCH 10-CLAS	Rest	LOW IMP 20 CLASS + STRETCH 10-CLAS	FIRE STARTER CLASS + STRETCH 10-CLAS	FIRE STARTER CLASS + STRETCH 10-CLAS	FIRE STARTER CLASS + STRETCH 10-CLAS
3	LOW IMP 20 CLASS + STRETCH 10-CLAS	FIRE 40 CLASS + STRETCH 10-CLAS	Rest	LOW IMP 20 CLASS + STRETCH 10-CLAS	FIRE 40 CLASS + STRETCH 10-CLAS	LOW IMP 20 CLASS + STRETCH 10-CLAS	FIRE STARTER CLASS + STRETCH 10-CLAS
4	LOW IMP 20 CLASS + STRETCH 10-CLAS	FIRE 40 CLASS + STRETCH 10-CLAS	Rest	LOW IMP 20 CLASS + STRETCH 10-CLAS	FIRE 40 CLASS + STRETCH 10-CLAS	LOW IMP 20 CLASS + STRETCH 10-CLAS	FIRE STARTER CLASS + STRETCH 10-CLAS <small>TRUCK, POWER WHEEL, TV</small>
5	FIRE 20 CLASS + STRETCH 10-CLAS	FIRE 40 CLASS + STRETCH 10-CLAS	Rest	FIRE 20 CLASS + STRETCH 10-CLAS	ART 10 CLASS + STRETCH 10-CLAS	FIRE 10 CLASS + STRETCH 10-CLAS	FIRE 40 CLASS + STRETCH 10-CLAS
6	ART 10 CLASS + STRETCH 10-CLAS	FIRE 40 CLASS + STRETCH 10-CLAS	Rest	LOW IMP 20 CLASS + STRETCH 10-CLAS	FIRE 40 CLASS + STRETCH 10-CLAS	ART 10 CLASS + ART 10 CLASS + STRETCH 10-CLAS	FIRE 40 CLASS + STRETCH 10-CLAS
7	ART 10 CLASS + ART 10 CLASS + STRETCH 10-CLAS	FIRE 40 CLASS + STRETCH 10-CLAS	Rest	LOW IMP 20 CLASS + STRETCH 10-CLAS	FIRE 40 CLASS + STRETCH 10-CLAS	ART 20 CLASS + ART 10 CLASS + STRETCH 10-CLAS	FIRE 40 CLASS + STRETCH 10-CLAS
8	ART 20 CLASS + ART 10 CLASS + STRETCH 10-CLAS	FIRE 10 CLASS + STRETCH 10-CLAS	Rest	LOW IMP 20 CLASS + STRETCH 10-CLAS	FIRE 40 CLASS + STRETCH 10-CLAS	ART 20 CLASS + ART 10 CLASS + STRETCH 10-CLAS	FIRE 40 CLASS + STRETCH 10-CLAS <small>TRUCK, POWER WHEEL, TV</small>
9	FIRE 40 CLASS + STRETCH 10-CLAS	FIRE 10 CLASS + STRETCH 10-CLAS	Rest	FIRE 20 CLASS + STRETCH 10-CLAS	ART 10 CLASS + STRETCH 10-CLAS	FIRE 20 CLASS + STRETCH 10-CLAS	FIRE 40 CLASS + STRETCH 10-CLAS
10	ART 20 CLASS + ART 10 CLASS + STRETCH 10-CLAS	FIRE 40 CLASS + STRETCH 10-CLAS	Rest	ART 10 CLASS + ART 10 CLASS + STRETCH 10-CLAS	FIRE 40 CLASS + STRETCH 10-CLAS	ART 10 CLASS + ART 10 CLASS + STRETCH 10-CLAS	FIRE 20 CLASS + STRETCH 10-CLAS
11	ART 40 CLASS + ART 10 CLASS + STRETCH 10-CLAS	FIRE 40 CLASS + STRETCH 10-CLAS	Rest	ART 20 CLASS + STRETCH 10-CLAS	FIRE 40 CLASS + STRETCH 10-CLAS	ART 20 CLASS + ART 10 CLASS + STRETCH 10-CLAS	FIRE 10 CLASS + STRETCH 10-CLAS
12	ART 20 CLASS + ART 10 CLASS + STRETCH 10-CLAS	FIRE 40 CLASS + STRETCH 10-CLAS	Rest	ART 20 CLASS + ART 10 CLASS + STRETCH 10-CLAS	FIRE 40 CLASS + STRETCH 10-CLAS	ART 20 CLASS + ART 10 CLASS + STRETCH 10-CLAS	FIRE 20 CLASS + STRETCH 10-CLAS <small>TRUCK, POWER WHEEL, TV</small>

[illegible]

# Turbo Fire Workout Nutrition Guide

**Mark Steyvers**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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