



KETOGA™ Training Calendar

fitness with Chantal

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Assessment Day	Rest	KETOGA Total Body Transformation	Rest	KETOGA Glutes + Core	CROSS TRAIN (bike, dance, walk, elliptical, run, yoga etc.)	Rest
Week 2	KETOGA Total Body Transformation	CROSS TRAIN (bike, dance, walk, elliptical, run, yoga etc.)	KETOGA Glutes + Core	Rest	KETOGA Total Body Transformation	CROSS TRAIN (bike, dance, walk, elliptical, run, yoga etc.)	Rest
Week 3	KETOGA Glutes + Core	CROSS TRAIN (bike, dance, walk, elliptical, run, yoga etc.)	KETOGA Total Body Transformation	Rest	KETOGA Glutes + Core	CROSS TRAIN (bike, dance, walk, elliptical, run, yoga etc.)	Rest
Week 4	KETOGA Total Body Transformation	CROSS TRAIN (bike, dance, walk, elliptical, run, yoga etc.)	KETOGA Glutes + Core	Rest	KETOGA Total Body Transformation	CROSS TRAIN (bike, dance, walk, elliptical, run, yoga etc.)	Rest
Week 5	KETOGA Glutes + Core	CROSS TRAIN (bike, dance, walk, elliptical, run, yoga etc.)	KETOGA Total Body Transformation	Rest	KETOGA Glutes + Core	CROSS TRAIN (bike, dance, walk, elliptical, run, yoga etc.)	Rest
Week 6	KETOGA Total Body Transformation	CROSS TRAIN (bike, dance, walk, elliptical, run, yoga etc.)	KETOGA Glutes + Core	Rest	Reassessment Day	CROSS TRAIN (bike, dance, walk, elliptical, run, yoga etc.)	Rest