

108



DAYS

THE ULTIMATE YOGI

START DATE:

with Travis Eliot

	YOGA	HardCORE	MEDITATION
Day 1	CrossTrain	HardCORE	10 minutes
Day 2	Cardio		10 minutes
Day 3	Strength	HardCORE	10 minutes
Day 4	Yin		10 minutes
Day 5	Detox	HardCORE	10 minutes
Day 6	Vitality		10 minutes
Day 7	Mountain Pose		Pranayama Meditation

	YOGA	HardCORE	MEDITATION
Day 37	Balance	HardCORE	20 minutes
Day 38	Strength		20 minutes
Day 39	Flexibility	HardCORE	20 minutes
Day 40	Gentle		20 minutes
Day 41	Detox	HardCORE	20 minutes
Day 42	Cardio		20 minutes
Day 43	Mountain Pose		Pranayama Meditation

	YOGA	HardCORE	MEDITATION
Day 73	CrossTrain	HardCORE	30 minutes
Day 74	Strength		30 minutes
Day 75	Balance	HardCORE	30 minutes
Day 76	Yin		30 minutes
Day 77	Cardio		30 minutes
Day 78	Vitality	HardCORE	30 minutes
Day 79	Mountain Pose		Pranayama Meditation

	YOGA	HardCORE	MEDITATION
Day 8	CrossTrain	HardCORE	10 minutes
Day 9	Cardio		10 minutes
Day 10	Strength	HardCORE	10 minutes
Day 11	Yin		10 minutes
Day 12	Detox	HardCORE	10 minutes
Day 13	Vitality		10 minutes
Day 14	Mountain Pose		Pranayama Meditation

	YOGA	HardCORE	MEDITATION
Day 44	Balance	HardCORE	20 minutes
Day 45	Strength		20 minutes
Day 46	Flexibility	HardCORE	20 minutes
Day 47	Gentle		20 minutes
Day 48	Detox	HardCORE	20 minutes
Day 49	Cardio		20 minutes
Day 50	Mountain Pose		Pranayama Meditation

	YOGA	HardCORE	MEDITATION
Day 80	CrossTrain	HardCORE	30 minutes
Day 81	Strength		30 minutes
Day 82	Balance	HardCORE	30 minutes
Day 83	Yin		30 minutes
Day 84	Cardio		30 minutes
Day 85	Vitality	HardCORE	30 minutes
Day 86	Mountain Pose		Pranayama Meditation

	YOGA	HardCORE	MEDITATION
Day 15	CrossTrain	HardCORE	10 minutes
Day 16	Cardio		10 minutes
Day 17	Strength	HardCORE	10 minutes
Day 18	Yin		10 minutes
Day 19	Detox	HardCORE	10 minutes
Day 20	Vitality		10 minutes
Day 21	Mountain Pose		Pranayama Meditation

	YOGA	HardCORE	MEDITATION
Day 51	Balance	HardCORE	20 minutes
Day 52	Strength		20 minutes
Day 53	Flexibility	HardCORE	20 minutes
Day 54	Gentle		20 minutes
Day 55	Detox	HardCORE	20 minutes
Day 56	Cardio		20 minutes
Day 57	Mountain Pose		Pranayama Meditation

	YOGA	HardCORE	MEDITATION
Day 87	CrossTrain	HardCORE	30 minutes
Day 88	Strength		30 minutes
Day 89	Balance	HardCORE	30 minutes
Day 90	Yin		30 minutes
Day 91	Cardio		30 minutes
Day 92	Vitality	HardCORE	30 minutes
Day 93	Mountain Pose		Pranayama Meditation

	YOGA	HardCORE	MEDITATION
Day 22	CrossTrain	HardCORE	10 minutes
Day 23	Cardio		10 minutes
Day 24	Strength	HardCORE	10 minutes
Day 25	Yin		10 minutes
Day 26	Detox	HardCORE	10 minutes
Day 27	Vitality		10 minutes
Day 28	Mountain Pose		Pranayama Meditation

	YOGA	HardCORE	MEDITATION
Day 58	Balance	HardCORE	20 minutes
Day 59	Strength		20 minutes
Day 60	Flexibility	HardCORE	20 minutes
Day 61	Gentle		20 minutes
Day 62	Detox	HardCORE	20 minutes
Day 63	Cardio		20 minutes
Day 64	Mountain Pose		Pranayama Meditation

	YOGA	HardCORE	MEDITATION
Day 94	CrossTrain	HardCORE	30 minutes
Day 95	Strength		30 minutes
Day 96	Balance	HardCORE	30 minutes
Day 97	Yin		30 minutes
Day 98	Cardio		30 minutes
Day 99	Vitality	HardCORE	30 minutes
Day 100	Mountain Pose		Pranayama Meditation

	YOGA	HardCORE	MEDITATION
Day 29	CrossTrain	HardCORE	10 minutes
Day 30	Cardio		10 minutes
Day 31	Strength	HardCORE	10 minutes
Day 32	Detox		10 minutes
Day 33	Mountain Pose	VEGAN LIFESTYLE	10 minutes
Day 34	Gentle	VEGAN LIFESTYLE	10 minutes
Day 35	Yin	VEGAN LIFESTYLE	Pranayama Meditation

	YOGA	HardCORE	MEDITATION
Day 65	Balance	HardCORE	20 minutes
Day 66	Strength		20 minutes
Day 67	Flexibility	HardCORE	20 minutes
Day 68	Detox		20 minutes
Day 69	Mountain Pose	RAW FOOD DETOX	20 minutes
Day 70	Gentle	RAW FOOD DETOX	20 minutes
Day 71	Yin	RAW FOOD DETOX	Pranayama Meditation

	YOGA	HardCORE	MEDITATION
Day 101	CrossTrain	HardCORE	30 minutes
Day 102	Strength		30 minutes
Day 103	Balance	HardCORE	30 minutes
Day 104	Cardio		30 minutes
Day 105	Mountain Pose	JUICE FEAST	30 minutes
Day 106	Gentle	JUICE FEAST	30 minutes
Day 107	Yin	JUICE FEAST	Pranayama Meditation

Day 36	36 Sun Salutations		10 minutes
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Day 72	72 Sun Salutations		20 minutes
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Day 108	108 Sun Salutations		30 minutes
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