

# CIZE & 21 DAY FIX HYBRID CALENDAR

This calendar is for those of you who want to *Cize It Up* while maintaining or increasing muscle. For simplicity, I chose the three strength days of the 21 Day Fix and combined with Cize to give you cardio. So you get the best of both worlds—strength and cardio. Plus a rest day, or you can use that as active recovery and do Yoga Fix.

**YOU'RE INVITED:** Join one of my Cize or 21 Day Fix accountability groups. Just email me—[Jacqui@WeighToMaintain.com](mailto:Jacqui@WeighToMaintain.com)!

Enjoy!	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	21 DAY FIX: Upper Body Fix	CIZE: Crazy 8's	21 DAY FIX: Lower Body Fix	CIZE: Crazy 8's	REST or Yoga Fix	21 DAY FIX: Dirty 30	CIZE: Crazy 8's
Week 2	21 DAY FIX: Upper Body Fix	CIZE: You Got This	21 DAY FIX: Lower Body Fix	CIZE: You Got This	REST or Yoga Fix	21 DAY FIX: Dirty 30	CIZE: You Got This
Week 3	21 DAY FIX: Upper Body Fix	CIZE: Full Out	21 DAY FIX: Lower Body Fix	CIZE: Full Out	REST or Yoga Fix	21 DAY FIX: Dirty 30	CIZE: Full Out
Week 4	21 DAY FIX: Upper Body Fix	CIZE: In the Pocket	21 DAY FIX: Lower Body Fix	CIZE: In the Pocket	REST or Yoga Fix	21 DAY FIX: Dirty 30	CIZE: In the Pocket
Week 5	21 DAY FIX: Upper Body Fix	CIZE: Go For It	21 DAY FIX: Lower Body Fix	CIZE: Go For It	REST or Yoga Fix	21 DAY FIX: Dirty 30	CIZE: Go For It
Week 6	21 DAY FIX: Upper Body Fix	CIZE: Livin' in the 8's	21 DAY FIX: Lower Body Fix	CIZE: Livin' in the 8's	REST or Yoga Fix	21 DAY FIX: Dirty 30	CIZE: Livin' in the 8's